



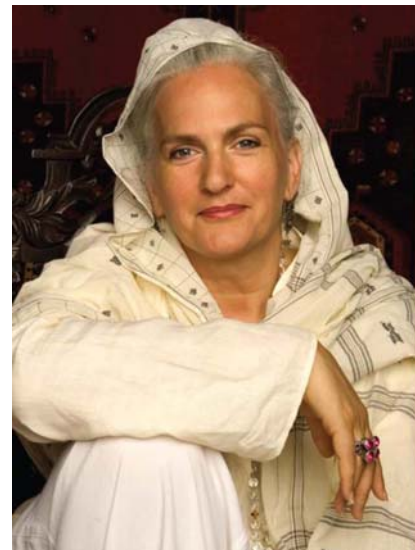
SELF ESTEEM AND BOUNDARIES WITH CAROLYN COWEN

A two hour workshop looking how low self esteem and bad boundaries affect every aspect of our lives and our communication with others, - be they family, friends, children, work colleagues and our lover.

We will expand the aura, building self esteem and grounding the soul in the body. Kundalini Yoga is a fantastic tool for building self esteem and boundaries. There are so many tools, meditations, pranayamas and postures that we can use to expand our sense of self and how we project that out into the world.

Come prepared to do Kundalini yoga and meditation, no previous experience necessary and all levels are welcome. Please do not eat for two hours before, wear loose comfortable clothes and an open mind. This workshop is not suitable for pregnant women.

KUNDALINI YOGA IS A FANTASTIC TOOL FOR BUILDING SELF ESTEEM AND BOUNDARIES.



SATURDAY 3RD MAY 2008 19:30 – 21:30 FEE: £25

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

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