

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

Workshops with Shiv Charan Singh

'Experience Unique Kundalini'

- Yoga class taught by Shiv Charan Singh.

Friday 9 September,
7.30 – 9.30pm,
£25; no concessions

'3 Things'

Saturday 10 September,
10.00am – 5.00pm,
£70

There are always 3 Things you can do to change your life immediately and potentially forever. For example: Establish correct understanding, share that understanding with others and act upon that understanding.

In the workshop, we will explore various expressions of the 3 Things that support self-management and self-regulation.

Karam Kriya is the study of life through numbers and the study of numbers through life.

Shiv Charan Singh is an outstanding and authentic spiritual teacher. He is the founding director of the Karam Kriya School and runs Kundalini Yoga Teacher Training programmes worldwide, alongside Karam Kriya seminars and workshops. Shiv Charan is deeply committed to guiding students in their spiritual growth so they can bring spiritual awareness into all aspects of their lives and develop their full potential as human beings. He is a skilled counsellor and author of several books including Let the numbers guide you.

For more information about Karam Kriya and Kundalini Yoga Teacher Training please visit karamkriya.eu or contact Angad Kaur on 07771 803 562 / angadkaur@karamkriya.co.uk

