



One for the Heart

Quarterly kundalini yoga & healing workshop at The Quaker House, 150 Church Road, Watford WD17 4QB

Uplift One Another

with Gobind Seetal Kaur (aka Harsha Moore)

Saturday 22 April 2017

2:30pm – 5pm

One for the Heart is a national kundalini yoga and meditation workshop programme delivered through the Guru Ram Das Project charity.

“Kundalini Yoga is uncoiling yourself to find your potential and your vitality and to reach for your virtues. There is nothing from outside. Try to understand that. All is in you. You are the storehouse of your totality...”

“We have chosen a way of life to welcome everybody, to love everybody, to inspire everybody and to uplift everybody”

Yogi Bhajan

Creating compassion to uplift others – knowing that the other is the same as you...

Life is often very busy and we sometimes lack time to speak or share with other people. Often finding time to support ourselves, let alone others, seems impossible. This workshop is to strengthen our self, create flexibility within our body and mind, to make space to share, uplift and support one another.

The workshop is open to all adults, regardless of your level of yoga practice. So please come and join us for an uplifting, heart opening experience.

Wear comfortable clothing, bring a bottle of water, a (yoga) mat and a shawl or blanket for relaxation (optional).

Cost: Suggested donation £13 (or however much you can afford).

All donations will be given to the GRDP charity.

About the GRDP:

The GRDP is a charity that offers a range of services to support the physical, mental and spiritual wellbeing of people and communities in need including the homeless, women suffering from domestic violence, people in alcohol & drug rehab, seniors, those suffering with immune deficiency conditions and mental health challenges.

About the teacher:

Harsha Moore lives in Watford and trained with Karam Kriya School. She qualified as a Level 1 Kundalini Yoga teacher in 2004 and has completed the following Level 2 Modules: Stress and Vitality, Conscious communication, Mind and Meditation, Lifecycles.

For further information about the charity, visit www.grdp.co.uk

For enquiries about the workshop, contact **Gobind Seetal Kaur**: harsha1p@hotmail.com or call 07957 409905