One for the Heart

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

Overflow with Abundance
with Gobind Seetal Kaur (aka Harsha Moore)
Saturday 15 July 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."
Yogi Bhajan

Swirls of energy manifest within each of us; lets share, uplift, fill up and overflow with love. As we deepen our practice and experience the beauty of giving and receiving, we find greater capacity to accept and trust that we are fulfilled and will continue to be fulfilled.

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 Mediation, 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