



One for the Heart

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

**Breathe and bloom
with Gobind Seetal Kaur (aka Harsha)
Saturday 16th March 2019
2:30pm – 5:00pm**

"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

We will work through a powerful kriya and meditation to strengthen our heart and our immune system and connect to nature and as spring blooms we fill ourselves with the changing energy surrounding us and within us.

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

Cost: Suggested donation £13 (or however much you can afford).
All donations will be given to the GRDP charity.

About the Guru Ram Das Project:

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. Past and present client groups include: the homeless, women suffering from domestic violence, alcohol & drug rehab, seniors and people with dementia, those suffering with immune deficiency conditions, and mental health service users.

For further information about the charity, [visit www.grdp.co.uk](http://www.grdp.co.uk)

About the teacher:

Gobind Seetal Kaur lives in Watford and trained with Karam Kriya and Ik Saran Dhian.

For enquiries about the workshop, **contact Gobind Seetal Kaur:**
Gobind@kundaliniyogawatford.co.uk or call 07957 409905