

# Kundalini Yoga & Meditation



## Welling Classes

Wednesday and Saturday at  
10:00-11:30

Welling classes run in my  
apartment, so the space is limited  
to 8 practitioners per class

The class cost is:  
£15 for drop in and  
£40 paid in advance for 4 sessions

Please email me for address  
details.

## Blackheath Classes

Thursday evening at: 18:00-19:15  
£15 for drop in  
£40 f paid in advance for 4 sessions

Thursday evening at 19:30-22:00  
The class cost is:  
£25 for drop in  
£80 paid in advance for 4 sessions

Quaker Meeting House  
Lawn Terrace  
Blackheath  
London SE3 9LL, UK

May Joy, Peace and Love  
be your purpose  
Prakashjot Kaur