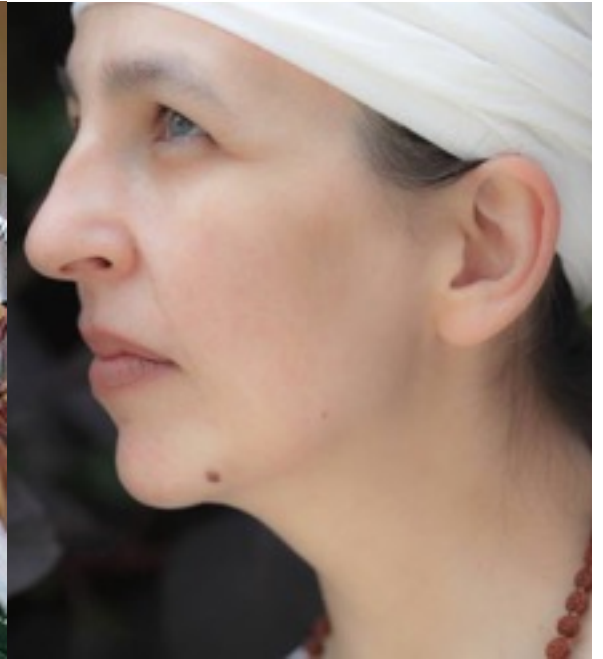


Kundalini Yoga & Meditation



Welling Classes

Wednesday and Saturday at 10:00-11:30

Welling classes run in my apartment, so the space is limited to 5 practitioners per class

The class cost is:
£15 for drop in and
£40 for 4 consecutive classes

Workshop

KUNDALINI YOGA & TIBETAN GONG BATH
Saturday at 13:00 - 15:00 - Book in advance.

£20 for 2h WORKSHOP of Kundalini Yoga & Tibetan Bowls and Gong Sound Healing.

Please email me for address details.

Blackheath Classes

@ Quaker Meeting House, Lawrence Terrace
Thursday evening

18:00-19:30

The class cost is:
£15 for drop in and
£40 for 4 consecutive classes

19:30-22:00

The class cost is:
£25 for drop in
£80 paid in advance for 4 sessions

Erith Classes

@ ReInstate, West Street, Erith
Thursday Morning

10:00-11:30

The class cost is:
£15 for drop in and
£40 for 4 consecutive classes

May Joy, Peace and Love be your purpose
Prakashjot Kaur