

Mantra Yoga

TRANSCEND THE MIND

friday dec 4th 6.30 pm - 8.30pm

The mind is trapped in the waves of constant chattering that is going on within.

This creates a hindrance to connect with the true self, our source of happiness, health and bliss.

Mantra yoga involves vibrating a primal sound until the mind, transcends the chattering and the qualities of the true self is experienced.

Japa the process of vibrating, when done in specific mudras & kriyas stimulates the 72 000 subtle veins which exist in body.

Intensified Japa, creates psychic heat, which burns karma. When Karma is burned, Dharma is found.

VIBRATE THE PRIMAL SOUNDS TO BURN KARMA
& TO WALK THE PATH OF DHARMA.



Yogi Amandeep Singh MS.c(Aust), MA(UK), B.Sc Hons(UK) is a counsellor by profession and an accomplished yogi, having studied in depth many yogic traditions in India. He is a certified Kundalini Yoga Teacher, a scholar with Kundalini Research Institute of USA, a KRI Professional Teacher Trainer, Healer and a teacher of Eastern Spirituality. He is a leading authority on philosophy & history of ancient yogic traditions. He brings great depth, accuracy, joy and spontaneity to his teaching. Being inspired by Yogi Bhajan, his master, he travels around the world sharing transforming wisdom. www.yogiamandeepsingh.com

YOGI AMANDEEP SINGH

Cost \$45 Please book online to secure your place: www.kundalinistudio.com.au

Venue: Bliss Central Wellness Oasis , 9 Compton St Adelaide

For more info and bookings: Sabine / Abnashjot
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Also available for personal consultations