



## Clear the Past

**Viriam Kaur, Kundalini Yoga Teacher and Workshop Facilitator**

### **Make 2010 Your Best Year Yet!**

**As we step from one year to the next, it is a natural time to look back and evaluate... and to look forward with hope and awareness. It is an exciting time when we can make clear intentions for the year ahead.**

Sometimes we have learnt a great deal from the year passed and from our lives so far, and sometimes we need to know when to leave the past where it is and step forward with less baggage. Through Kundalini yoga and meditations we can acknowledge where we hold on and where we can let go.

There will be yoga, meditation, dance, chanting, gong healing, celebration, maybe laughter, maybe tears... So out with the old and in with the new! When we release old patterns, we can fulfil our life's purpose... Let's clear the past so we can create clear intentions for 2010 and make it our best year yet!

Viriam Kaur discovered Kundalini Yoga ten years ago and has been teaching in London, India and Thailand for the past six years. Having played with kundalini and chakra energy through shamanic and trance dance, Viriam was inspired to try Kundalini Yoga one rainy London evening and tapped into a source of inner wisdom - seeing things in a new light. She went on to train with Guru Dharam Singh Khalsa and Darryl O'Keefe at SKY School of Kundalini Yoga and was given her spiritual name by Yogi Bhajan. Having taught in studios in London for a while, she came to India five years ago to study with Ayurvedic doctors and develop more as a healer. Viriam feels that Kundalini Yoga is a way of realizing your true self and tapping into your body's own innate healing wisdom. She writes regularly for Yoga Magazine (UK) and writes several columns for spiritual website Essence of Life ([www.eolife.org](http://www.eolife.org)). She is also working on a mantra album.

Two Day Workshop – 3<sup>rd</sup>/4<sup>th</sup> January

Cost: 2,500rps – 7,500rps

Harmonic operates a sliding scale payment policy for courses, encouraging those with more to give more, whilst keeping prices within an affordable range for everyone.