



Kundalini Yoga

23 – 30 July 2012

With Sheila Wisdom

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Do you wish to feel great, relax and enjoy life? With Kundalini Yoga you can build a healthy body and balanced mind, develop inner wisdom and open the door to your full potential.



Sheila Wisdom teaches Kundalini Yoga in South London and in the work place with Corporate Karma Yoga. "I never regarded myself as sporty or even fit and stumbled into Kundalini Yoga quite by chance. After each class I left feeling light and almost floated home. After a few classes I was hooked. It's just you and your breath on this wonderful road of self discovery. Yoga helps me to find strength and a voice just when I need it the most." Sheila went on to study as a teacher in the UK with Har Nal Kaur and at the Amrit Nam Sarovar Kundalini Yoga School headed by Karta Singh, based in the French Alps. She has also studied with Mangal Jot Kaur. Sheila holds a Level I teaching diploma which is certified by the Kundalini Research Institute (KRI) and is recognized internationally. She is also a member of the Kundalini Yoga Teachers Association (UK).

The word "kundalini" literally means "the curl of the lock of hair," a poetic way of describing the flow of energy and consciousness that already exists within us. Kundalini Yoga (as taught by Yogi Bhajan) draws from all yogic systems to develop awareness of this energy. It consists of techniques that can be enjoyed by everyone, no matter his or her age or physical ability, including breathing (pranayam), yoga postures (asanas), movement and stretching, chanting (mantra) and meditation. Discover for yourself the benefits of Kundalini Yoga with Sheila Wisdom.

The daily programme begins with meditation at sunrise, followed by a pre-breakfast session of postures, movement and chanting. In the middle of the day there is free time to relax, walk, swim and enjoy the beautiful surroundings. The evening class starts around 5pm. There will be classes on 5 days. One day is free for relaxation, personal practice or an excursion, perhaps to the Turkish Baths!

Price: 7 nights £465 (**early-bird £435**, if booked before 30 April 2012). Prices include full-board and group transfers Dalaman/Yuva return, based on sharing a twin room or in a single log cabin, excl flights. Twin log cabin as single supplement £50, twin room as single supplement £70 per week. Price is payable direct to VegiVentures.

"Sheila was absolutely fantastic and I am extremely pleased that she was my first instructor for my very first yoga retreat..." Asha, London

"This was my first taste of yoga, and I can see it becoming part of my life... It's a long time since I've spent such a physically and spiritually fulfilling time..." Melanie, Istanbul

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