



New Moon Yoga, Gong & Meditation

Sunday, February 14th

7:00 - 8:30 PM

\$15

Join Guruatma Kaur & Siri Tapa Kaur for a heart centered evening of gentle yoga, deep relaxation with gongs and a special meditation. When we focus on opening the heart chakra, we open ourselves to our own sacredness. We live our lives with courage and compassion.

This month the meditation will be the **Meditation for Radiance & Patience**. This a nice meditation to practice before bed. It soothes and regenerates the nerves. No experience is necessary to enjoy this class. Beginners welcome!

"This meditation gives radiance and patience which is the first condition of real Love. In Love you give without attention to all the mistakes of another as the sun gives light and warmth to all people."

--Alchemy of Love Relationships, Gurunam Singh.

Teachers: Guruatma Kaur & Siri Tapa Kaur



Yoga at the Ashram
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