

Stress & the Spiritual Warrior

with Ishwara Kaur



5 on-line kundalini yoga classes



Themes for the 5 classes:

Week 1: The Spiritual Warrior.

Week 2: The nature of stress.

Week 3: Inner and outer stress.

Week 4: Turn stress into vitality.

Week 5: Celebrate your vitality.

These classes are suitable for both complete beginners and for advanced practitioners.

Ishwara Kaur

Ishwara is Co-founder and Co-leader of Ik Saran Dhian - School of Sacred Living.

She has been training teachers of Kundalini Yoga for many years and exploring the role of women in our society.

Ishwara is a mentor and a musician.

For more information about Ishwara see:

www.iksarandhian.com



Dates & Times

- 7pm to 8.30pm (UK time)
- 17, 24 & 31 March and 14 & 21 April

Price

£60

- Each class will be recorded and will be available for four weeks to participants that missed the session.
- You need to book your place for all 5 classes. It is not possible to drop in to only one class.
- Payments are non-refundable.

To confirm your place

Send an email with:

- your name
- confirmation of payment transfer

Payment

in £ sterling

Cooperative Bank

Nom : Heidi Machin

IBAN : GB04 CPBK 0891 0405
1725 48

BIC/Swift : CPBK GB 22

Adresse:

The Co-operative Bank

Central Customer Services

PO Box 48, 1 Balloon Street

Manchester, M60 1GP

Payment in euros

AXA Banque

Nom : H. Machin

SWIFT : AXABFRPPXXX

IBAN : FR76 1254 8940 0103
5001 6044 185



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la Vie Sacrée

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