

# The Guru Singh Workshop



## MASTERING HIGHER CONSCIOUSNESS

THROUGH KUNDALINI YOGA, MEDITATION AND SHABAD GURU

**Saturday 19 November**

**10.30 - 12.30noon**

"It's never too late to be what you might have been"  
Guru Singh

Guru Singh will share the tools to Master Higher Consciousness. Tools that you can use in everyday living. He is bringing enlightenment out of the caves and making it available for all of us to experience.

His class will be deep, powerful and open your heart and mind. He masterfully uses kundalini yoga, meditation and the Shabad Guru to give you a real experience. To help you be the person you were meant to be!

Who is Guru Singh? Guru Singh m.s.s., is a yogi, teacher, writer, composer-musician, ordained minister, healer, and most importantly as he says "a family man", living in Los Angeles and sometimes in India, London and New Mexico. Living with his wife and their two children, his life exemplifies a delicate and vital balance; honoring family and personal commitments while maintaining his spiritual dedication to working with the people of this world.

***We are excited to announce that Chayo Studio, Studio of Guru Ram Das Ji from the 9th October will no longer be charging for classes and workshops. Give us your blessings. Sat Nam***

FOR BOOKINGS AND INFORMATION CHAYO STUDIO  
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