

YOGA

Your body is made up of the five elements (tat), Earth, Fire, Water, Space, and Wind. Illness arises when these elements fall out of balance. Natural replacements of the elements are as follows:

- Food
- Sun Light
- Drinking Water
- Mediation
- Breathing



Earth
Fire
Water
Space
Wind

Hyper ventilation creates the wind like affect in the body; this causes your blood to flow faster and creates itself. This gives you the feeling of well-being and improves muscle tone.

Ramgarhia Association is proud to announce Shri Om Prakash and Surjit Kaur, who will be holding classes at the following time and venues:

- Mondays 6:30 pm - 8.00 pm @ Crecent Road
- Thursdays 6:30 pm - 8.00 pm @ Crecent Road

ALL WELLCOME

For Further information please telephone:

0208-854-1786 / 4696

Or

07877147480 OM

07961767640 Surjit Kaur

Or enquire at the venue

Ramgarhia Sikh Association Gurdwara Sahib Masons Hill Woolwich SE18 6EJ
Ramgarhia Community Centre, 62 Crescent Road Woolwich SE18 7BL

