

Swami Aliyananda Paramahansa, Founder of the World Peace Mission



# Kriya Yoga Workshop

Saturday 2<sup>nd</sup> December 2017

Cotham Parish Church, Cotham Rd, Bristol BS6



Join Swami Aliyananda Paramahansa for a special Kriya Yoga Workshop in Bristol. Kriya Yoga is a set of breathing exercises followed by silent meditation, and is a powerful tool to support you in your life.

**9.30 am – 12.30 pm**

**£12 per person**

**£8 concession**

Please book with Emerald: email [emerald@worldpeacemission.com](mailto:emerald@worldpeacemission.com) or Phone **07852 365229**.

Change Yourself, Change the World. Peace in the Heart, Peace in the Home.

Shambhala Ashram, The Queens Hotel, The Promenade, Penzance, TR18 4HG Tel 01736 362371

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