

In our daily life harmonious communication is very important. It is an art, a way of life. You have to understand it and acknowledge what you want to communicate to the other person. I have struggled a long time with harmonious communication. I have learned to be honest and communicate peacefully and compassionate to myself and to others. We can learn to reach the heart of someone with consciousness lovely words.

The word "harmony" comes from equalization of oneness. In every aspect of life, you can turn failure in success. Violence in peace. Weakness in power.

People like to talk, they like share their experiences, they like to create trust in private life, with partners, children, at work and with friends.

This workshop will give you some very important tools to learn to communicate in harmony. It is an interactive workshop. We do Kundalini Yoga to open our communication channels, we meditate for an effective communication and we talk with each other.

Hardev has taught Kundalini Yoga for more than 15 years. She has studied Non Violence Communication. She is a Sat Nam Rasayan healer.

*Talk to everybody with reverence. Listen to everybody with reverence.
Say things with reverence. You will always be happy and graceful. - Yogi Bhajan*



Sign Up and More Information
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KUNDALINI YOGA WORKSHOP

Harmonious Communication

Zondag,
november 10

09.00-13.00 uur

Yogastudio Harri Nam

Christinastraat 2a Eindhoven

Prijs: • Onkosten €10 euro p.p.
• Honorarium voor de leraar
op basis van vrije donatie

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with,
Hardev Kaur

