

Welcome to meet

Siri Sadhana Kaur

Yoga Meditation and Brain fitness

Open workshop in Kundaliniyoga in Oslo

Siri Sadhana Kaur, from London, encourages others to experience themselves as joyful instruments of expression and transformation. She has studied and performed in singing, music and physical theatre. She is an instructor of Tai Chi Chuan, practising for 20 years. In 2004 she trained in Kundalini Yoga and then The Nia technique - a holistic dance based practice. She is a Kundalini level 2 KRI teacher and an Associate trainer. She delivers Yoga teacher trainings internationally.

Siri has produced music and mantra Cds and runs Kirtans, Gong baths and dance/singing events. Find her music on Spotify.



Saturday 22 September at 14.00-18.00

Adress: Thorwald Meyers gate 38

Tickets: 400 NOK, reserve your ticket with

Monika: monikabirgittaenglund@hotmail.com or +4790722909

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