



**WORLD PEACE MISSION
THE MID-SUMMER
KRIYA YOGA WORKSHOP
Saturday & Sunday,
20th – 21st June 2020
The Shambhala Ashram,
The Queens Hotel, The Promenade,
Penzance, TR18 4HG**

Swami Aliananda Paramahansa

It is a wonderful time to be in Cornwall for mid-summer. Learning Kriya Yoga, we enter the cosmic ocean within, finding that Supreme bliss and peace. Being here by the sea and feeling the sound, the breath, the movement of our worldly ocean, we realise the cosmic ocean within us. When we breath in union with both these oceans, we open to that creative power in the height of the mid-summer. The power of the rising sun of midsummer solstice is like the power of cosmic light arising within you illuminating your divine path in the cosmic ocean.

We will find the abundance of our Supreme nature without and within through Kriya Yoga breathing, meditation and visualisation. Initiation into Kriya Yoga will be given. Weather permitting in the afternoon we will walk in nature. *(Please bring appropriate outdoor clothing and footwear.)*

With love and blessings
Swami Aliananda Paramahansa
World Peace Mission Founder
www.kriyayoga.org.uk



Saturday: Gather 9.30am registration for 10am start, finish 4pm. Cost £60 for the day. Please bring packed lunch.

Sunday: Gather 9.30am registration for 10am start, finish 1pm. Cost £40 for the day £100 for the weekend.

You can attend either day or both.

To book: Contact Sapphire on 07852 365229 or email: sapphireblue4711@gmail.com

To book accommodation at the Queens Hotel, Penzance: phone 01736 362371.