

# Aftab Singh Khalsa will be back in Australia in June and will present the following 2 workshops at Hills Yoga:

Aftab is a wonderful healer, astrologer and yogi with over thirty years experience in Kundalini Yoga and healing techniques. The focus of his healing practice centres on the Meridian Chakra Healing Technique, as taught by the Mahan Tantric, Yogi Bhajan. This technique breaks through barriers that inhibit the healing process. It relaxes & rebuilds the entire system, clears away psychic junk and stimulates your body for self-healing.



## HEALING : Chakras & Meridians Saturday 26 | 2pm to 6 pm

Healing can be triggered by stimulating a series of points, the massage of specific areas, or by creatively working with the subconscious mind. This workshop will provide practical, hands-on, experiential techniques for both re-setting the subconscious, and for balancing one's meridian's and chakras, the pathways and vortices in the body through which all life-energy flows.

Aftab will be available for treatment at the following times:

Sunday: 4 to 5.30pm  
6 to 7.30pm

Monday: 8 to 9.30.am  
2 to 3.30pm  
4 to 5.30pm

Cost:\$90.00

### Workshops Cost:

1 workshop: \$105  
2 workshops: \$180  
2 workshops early birds: \$160  
(Your payment need to be received by 30 May)

### PAYMENT with BOOKING is required.

Your payment can be made by cash or credit card at the studio or by phone  
9654 9903

BE ONE of the first 12 to register and you will receive a FREE live 15 minute reading!



## HOROSCOPE : Insight into yourself & your life Sunday 27 | 10am to 2pm

The human psyche is continually affected by the Universal Energy in which it is immersed. A Horoscope is a map of how this interaction is affecting an individual. It is a useful tool not only for self-discovery, but also for assisting you in maximising your potential and avoiding pitfalls. This workshop will show you how to use Planetary Hours and the Horoscope to fruitfully direct your life.

All students will work on their own charts, receive an analysis of their luminaries, and six months' worth of charts and data.

Further information on [www.hillsyoga.net.au](http://www.hillsyoga.net.au)