



“The Art of Life”
Nád Yoga
The Ancient Science of
Sound Healing

**Saturday,
June 26th
2:00pm -
5:00pm**

**with Professor Surinder Singh
of Raj Academy Conservatoire London**

Nád Yoga is the ancient science of communication, which has been used for centuries by many Great Saints and Sages throughout the world; it is commonly practiced as part of a daily routine to maintain a healthy mind body and soul. This outstanding mechanism has healed many from simple problems such as stress up to people suffering from life threatening diseases such as cancer. The art in itself has many depths and dimensions the closer you go the more you discover. Nád Yoga will bring back your peace of mind and allow you to 'live' life again and not just 'get by.'

Your life is an invaluable gem and deserves to get the best treatment, by neglecting your needs and desires you suppress your thoughts, feelings and inner emotions. This inner pressure that gets built up over time inside you, will have the same effect as a volcano, which is extremely dangerous for you. Through Nád we will assist and guide you as to how you can express those emotions and feelings and still maintain a very healthy and well-balanced life with a SMILE.

Taught by Professor Surinder Singh, founder and director of the Raj Academy Conservatoire London. The Mission of Raj Academy is to teach and promote the art and science of singing and playing ancient and sacred hymns for elevation, holistic healing, and spiritual growth worldwide.



GOLDEN BRIDGE NYC
253 Centre Street
New York, NY 10013
212.343.8191
www.goldenbridgeyogaNYC.com

**\$25/adv or
\$30/day of**