

SEVENTH

yoga

CHAKRA

## Seventh Chakra Yoga presents

### *Living Your Potential*

*with Amarjit Singh*

*Understanding the psychological blocks that prevent you from radiating your unique self.*

We want to feel that we are giving our best in life: that we are moving toward our potential. Yet, we often feel frustrated because we know we could be accomplishing more. We can realize our potential, if we allow ourselves. Our external experience is just a projection of our internal experience. To change our patterns and harness our power we have to understand the psychological blocks that hold us back. We have to transform the internal.

#### Topics covered:

- Defining and discovering your individual life purpose and life lesson
- Creating awareness of the patterns in your life and creating new patterns
- Removing psychological obstacles preventing you from your potential
- Understanding, appreciating, and celebrating your potential
- Creating confidence in your unique self-expression
- Understanding the relationship between the mind, body, emotions, and soul
- Learning the importance of - and intensifying, self-love

**Amarjit Singh** is a Writer, Kundalini Yoga Instructor, and Transformational Coach helping people realize their potential. He uses *Scientific Hand Analysis* to get to the core of a person's being, *Transformational Coaching*, based on the principles of yoga psychology, for the encouragement and guidance to live their potential, and *Kundalini Yoga Therapy*, for the physical and mental attitude to put it into action. [www.psychochirology.com](http://www.psychochirology.com)

**When:** January 28, 2012

**Time:** 1:30 to 5:00 pm

**Cost:** \$35

*\*bring clothes for yoga*

**Seventh Chakra Yoga**

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[www.seventhchakrayoga.com](http://www.seventhchakrayoga.com)

Seventh Chakra Yoga is a home of Love, Upliftment, Relaxation, and Rejoicing.