



**A Place to Breathe®**

*Meditation and Yoga Studio*

# Connecting with the Hearts of All Others

with **Kartar Singh**

**Saturday, May 20th, 10-1pm**

**\$45 before May 1st, \$55 thereafter**

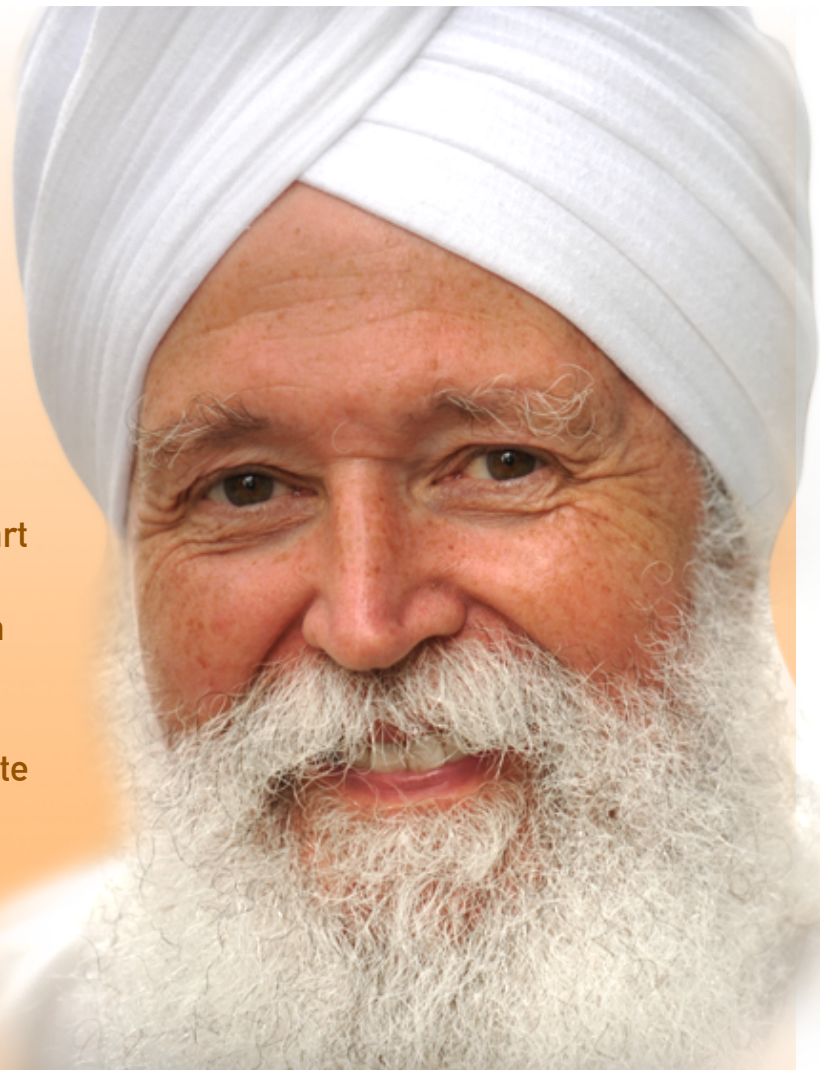
Register at [www.aplacetobreathe.com](http://www.aplacetobreathe.com) or call 434-245-8080

Communication is the means by which one heart reaches another, and the heart tempers the mind. It is the art to build heavens on earth and with each person.

Communication is through the eyes, through the skin, and through the heart. It is listening with the heart in the mind; it is tactile, it is telepathic.

When you understand communication your heart coherently signals your mind, your heart sits in reverence for all others and all life, and you can read and feel all signaling.

We will use the kriyas of Kundalini Yoga to create extraordinary openness and clarity, learn to manage and notice our own self talk, to change our stories. You will learn very different ways of listening, and you will learn to reach the heart of another.



**Honored by IKYTA as a Teacher of the Year 2014**

"Kartar is amazing. He holds a wonderful space for people to tap into themselves. He's authentic about his own human experiences, which allows for people to feel as though everyone is an equal in the room (even Kartar). There's no ego involved. He's calm and kind. His retreats are drama-free and wonderful. He listens and answers questions with love. He's really gifted at giving instruction that strikes the heart and the subconscious mind. He is the best teacher I have had and I've had some great teachers."