

YOGIC CLEANSING PRACTICES ~ AUTUMN 2011

SATURDAY 8th OCTOBER

9a.m. START

LAGHOO SHANKAPRAKSHALANA, KUNJAL and NETI



- ☪ Neti is a salt-water irrigation of the nasal passages, requiring the use of a purpose made pot called a neti lota. It is an excellent practice for the management of hay fever, sinus disorders, catarrh, headaches, depression, anxiety and many other disorders.
- ☪ Kunjali is a salt-water stomach wash, done on an empty stomach and therefore not at all unpleasant. It is especially valuable for people who experience hyperacidity of the stomach, asthma or other respiratory difficulties; or migraine. It is also good for raising energy levels. IT IS PRACTICED ON A COMPLETELY EMPTY STOMACH.
- ☪ Laghoo Shankaprakshalana is a short cleansing for the digestive system and is particularly valuable for anyone whose digestive system is a bit sluggish. It involves drinking salt water and the practice of particular postures to assist the movement of the water through the system. IT IS PRACTICED ON A COMPLETELY EMPTY STOMACH. It is followed by Kunjal (if appropriate) and Neti, which are included in the price.

These practices can be learned together, on the same morning, or you may prefer to learn just one or two of them.

These practices will be taught in small groups by Sarah Abernethie (Satya Kripa) & Graham Whiting (Guru Swaroop) at: St Timothy's Church Hall & Community Centre, Swinburn Way, off Byron St, Daybrook NG5 6BX – 0115 9206397. If you need directions send SAE or email address.

Places are limited so please book early. Cost for Laghoo - £22.00. (This includes kunjali and neti). Cost for neti and or kunjali is £15.00. (One, or both together). Neti lotas can be purchased on the day. You may wish to make sure you have cooking salt in your store cupboard for home practice. Bring your toothbrush and paste for lagoo & kunjali.

For more details contact Sarah – 07761660488 / 0115 9780906 sk-09@live.co.uk Or Graham – 07885969000/01623 842821 grahamwhiting@talktalk.net Also see details at www.sycnottingham.com

PLEASE DO NOT TAKE ANY FOOD OR DRINK BEFORE LAGHOO OR KUNJAL

*FULL SHANKAPRAKSHALANA . YOU MUST HAVE PRACTISED LAGOO PREVIOUSLY, AND BE PREPARED TO ADHERE TO A STRICT DIET FOR 10 DAYS AFTER THE PRACTICE. THE COST IS **£32.00**.

*BRING YOUR OWN MAT AND WEAR LOOSE LAYERS AND EASY ACCESS SHOES,
FOR KUNJAL, LAGOO OR THE FULL PRACTICE*



BOOKING FORM

PLEASE RESERVE ME A PLACE (s) ON: SATURDAY 8TH OCTOBER 2011



I WISH TO PRACTICE LAGHOO £22.00 Please bring neti lota, if you have one, and toothbrush
KUNJAL & NETI £15.00 Please bring neti lota, if you have one and toothbrush
NETI ONLY £15.00
FULL PRACTICE£32.00 (*Only for those who have previously practiced Laghoo)

NAME

ADDRESS

..... POST CODE

TEL. NO.EMAIL (if used frequently)

Make cheques payable to: S. Abernethie, and return to: 52 Rufford Road, Sherwood, Nottingham, NG5 2NR