

**Come and experience a day that could transform your life**

*This is the start of a series of events that have the potential to turn your life around, help you regain your youthful good looks and restore your peace of mind all within the beautiful surroundings of the Spiritual Centre of the Tofte Manor.*

*These are exclusive events for people who are ready to make the step into the New Paradigm*

*To become your own best friend*

*To create your own reality*

*To realize your dreams*

*To realize that you are part of the solution*



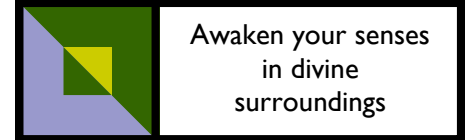
**Where you will experience the most nutritious and delicious foods.**



**Raw Food Experience  
With  
Kundalini Yoga**

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*Radiant Health and  
Vibrant Vitality*

*at*

*Tofte Manor*

*On*

*Saturday 16th May  
2009*

*With Siri Nirankar and  
Japnam Kaur*

*Of*

*Sparkling Energy*



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Tel: 07903758374

## Transform your Life

Do you feel that you have less energy than you used to?

Are things a little foggier than they used to be?

Is age beginning to creep up on you?

Has this modern stress driven world started to get to you?



**The courtyard at Tofte Manor**

Would you love to spend a Saturday just for you, feeding on foods that will boost your immune system and lift your energy levels?

How would you like it if that was somewhere beautiful, serene, away from it all and luxurious?

What about if you could strengthen your nervous system, balance your emotions, reduce stress and leave you with a sense of peace?

Do you recognize yourself in what you have just read? If you do then this is the perfect way for you to spend a Saturday.

Through the guidance of Siri Nirankar and Japnam Kaur you will be guided through the day enabling you to experience Kundalini Yoga and the pleasures of Vibrant food that will clear your mind and lift your spirits.

### Kundalini Yoga

Kundalini Yoga is a dynamic form of yoga that awakens awareness. In addition to strengthening the health and well-being of the physical body it is very useful for emotional balance, mental clarity, stress relief and physical transformation.

Kundalini Yoga is the original and most powerful system of yoga. "Kundalini" means "awareness" the latent spiritual energy within every person that can be awakened.

### Vibrant Foods

Vibrant foods are part of the amazing Raw Food movement which is spreading around the world transforming the health of people who thought that there was no hope. At last there are multiple benefits for all to be experienced eating Raw Food; increased energy, shining eyes, uplifted mood, weight control, beautiful skin, clearer thinking, younger looks and increased effectiveness.

We need the compounds found in raw food to nourish our bodies and brains and lay the foundations for consciousness restoration.

### Outline of your day will include

Before you leave home only have water with freshly squeezed lime or lemon juice.

Arriving at the Manor for 9.30am you will start the experience with highly nutritious and delicious Green Smoothie and herbal teas and coffees.



**The gardens at Tofte Manor**

Throughout the morning you will experience the energy transforming effects of Kundalini Yoga, and learn of its multiple benefits with Siri Nirankar in the beautiful Crystal Room with under floor heating and four magnificent Amethyst Geodes radiating energy from the four corners.

Lunch will be a three course delight served in the grand dining room within the magnificent historic manor.

This will be the perfect opportunity to discover how amazing living foods taste and how wonderful they make you feel.

The afternoon will give you an insight into the many benefits of including more raw and green into your diet with film of Victoria Boutenko and insights from Japnam Kaur .

Take time to wander around the gardens and just "be" in peaceful contemplation with no deadlines and no demands.

Walk the labyrinth and leave all of your concerns behind .

End the day with some amazingly delicious dishes that are free from dairy, sugar and wheat!

Space is limited so we ask you to contact Japnam Kaur at [purpleann@safe-mail.net](mailto:purpleann@safe-mail.net) at your earliest convenience to secure your place.

Cost for the whole day's experiences  
£144

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