



# HARGRAVE HALL COMMUNITY ASSOCIATION

e-  
newsletter  
MARCH  
2017

Dear friends, supporters and users of Hargrave Hall,

Welcome to our March Newsletter, and one of our Wednesday activities

## KUNDALINI YOGA



**Kundalini Yoga** is said to be the most comprehensive of yoga traditions. It is a powerful practice combining breath work, postures, meditation and mantra to bring balance to mind, body and spirit. The word "Kundalini" refers to a dormant energy that exists within each of us, based at the bottom of the spine. Through the practice of Kundalini Yoga, this energy can be gradually tapped in to, giving individuals a heightened sense of awareness, and awakening their full potential.

**Q. Juliet, how did you come to Kundalini Yoga?** I first carried out a Kundalini Yoga class (having previously practiced other types of yoga) in 2013, and was immediately touched by the teachings, soon commencing a daily morning practice at home, as well as attending weekly group classes. The practice as a whole had a profound effect on my life and quickly resulted in changes in both my personal and professional life. It helped me to become more in touch with who I am and what I want to do with my life, and that is essentially what Kundalini Yoga does – much more than building a healthy body (which it does), it helps to develop a balanced mind and provides individuals with an experience of their true nature. I carried out the teacher training in 2014/15 with a view to deepening my practice, but I soon felt called to teach.



## Cinema News

Sunday 19th March

Bring your own drink (and cushion) or get a cup of tea and delicious home made biscuits (for sale)

*Join us for the hilarious, desperately funny comedy*

**"What we do in the shadows"**

(See below for more details)

**More on our other regular activities on our website...**

Montessori  
Nursery  
School

Pilates with  
Sharon

Singing for  
the Brain

Archway to  
Recovery

Young  
Actors  
Theatre

WTW Jazz

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<https://mobile.twitter.com/HargraveHall>

**Q. Tell us more about yourself:** Alongside teaching Kundalini Yoga, I am also a writer, and trainee transpersonal psychotherapist, and have recently started some further training in Shamanism. The three trainings combined provide a powerful combination as they are all focused on helping individuals to fulfil their spiritual potential, just as my writing is influenced by the concepts I learn about in my training.

**Q. So how often are your classes at Hargrave Hall?** Classes are once a week on a Wednesday evening from 7-8.30pm. They consist of some breathing exercises and/or warm-ups, followed by a Kriya, which is the main component of the class. A Kriya is a sequence of postures, breath and sound, that is carried out in a specific order to work on a particular theme. Classes conclude with a meditation, followed by a relaxation. I also offer one-to-one classes, which are a good opportunity to work on any specific issues, and have taught an addiction recovery programme for an NHS clinic.

**Q. Anything else?** I have written a selection of novels for children, aged 8+, inspired by my trainings, the first of which is available as an e-book on Amazon.

[https://www.amazon.co.uk/am-David-Snake-Juliet-Russell-Roberts-ebook/dp/B01M8I2SK4/ref=sr\\_1\\_2?ie=UTF8&qid=1476450560&sr=8-2&keywords=I+am+David+the+Snake](https://www.amazon.co.uk/am-David-Snake-Juliet-Russell-Roberts-ebook/dp/B01M8I2SK4/ref=sr_1_2?ie=UTF8&qid=1476450560&sr=8-2&keywords=I+am+David+the+Snake)

**Thank you Juliet, and Sat Nam!**



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**Kundalini Yoga class: Wednesday: 7-8:30 pm -Cost: £ 10 or £45 for a block of 5 consecutive classes**  
Private classes available- Cost: £75 per 1.5 hour session

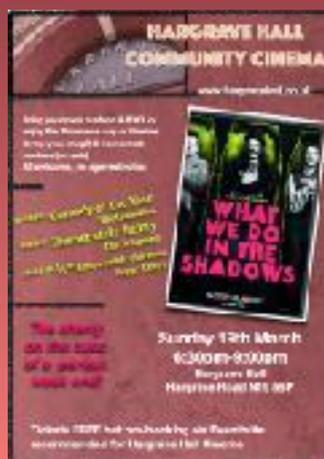
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For more information please see <http://julietrussellroberts.com/kundalini-yoga/>  
tel: 07980 042 319 email : [julietroberts@googlemail.com](mailto:julietroberts@googlemail.com)

**Hargrave Hall Cinema: March 19th**

**6:30-9:00pm**

**What the critics say: 5 Stars! The comedy of the year! Desperately funny! Irrepressibly charming !**



It's FREE but please kindly reserve your seat with Eventbrite.

