

“Meditation in the Park” to Support Green Flag Status for Local Parks

Southwark, London(May 2009) – This summer will see the launch of an annual, community wide event to teach local residents the benefits and basics of meditation while raising awareness about local green spaces.

On Sunday, 28th June 2009, “Meditation in the Park” will invite individuals and families from Southwark and beyond to convene on the Russia Dock Woodland green for an enjoyable, family friendly day complete with picnic, prizes and stress reducing group meditations led by Guru Kaur, an internationally acclaimed teacher and local resident of Rotherhithe for over 20 years.

“Meditation is a powerful and practical solution for the physical and emotional challenges everyone faces. It’s easy to learn, doesn’t cost anything, and is a fantastic thing for parents to do with their children,” says Guru Kaur.

The event will be hosted by BARGES (Bermondsey and Rotherhithe Green Enthusiasts) as part of their initiative to acquire “Green Flag” status for the park. BARGES hopes the event will raise awareness about the unique and beautiful ecological environments around Surrey Quays. BARGES plans to include local businesses by seeking sponsorship for prizes and other items to be given out as gifts.

No previous experience meditating is necessary. Those wishing to attend need only to bring their own picnic. In the event of poor weather, indoor facilities have been arranged.

“Meditation in the Park” will be a highly relaxing and enjoyable day for everyone. In addition, prizes will be awarded for categories such as “Best Picnic,” and goodie bags with vouchers for local businesses will be given out to all. Most importantly, attendees can take the skills they learn to make lasting improvements in their physical and mental wellbeing.

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Media Information

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Notes to Editors

About BARGES:

BARGES stands for Bermondsey and Rotherhithe Green Enthusiasts. BARGES is a group of local volunteers determined to give better protection to its green and watery spaces - both the well-known parks, docks and riversides as well as those little unprotected pockets that are also so important as nature reserves. For more information, visit <http://www.BARGES.me.uk>.

About Guru Kaur:

Guru Kaur embodies spiritual values, a professional background and an English upbringing. She is renowned for giving very straight talking guidance in highly practical terms giving people unique insight into their challenges. She is equally well versed in the issues surrounding big businesses as she is in those of daily personal life and serves to remove the divide between the two. She is a leading Kundalini Yoga teacher, a Sikh Minister, and qualified as a Chartered Accountant before working in Banking and then running her own business as a designer. She now focuses primarily on teaching through lectures, advisory and mentoring and online through her *Be the Woman You were Born to Be...* Course & Online Community. For more information please visit <http://www.gurukaur.com>.