



Yoga (“unity” or “union”) is a science of self-development and self-awareness through the alignment of body, breath, and sound. Yoga has existed for thousands of years with roots in Indian, Egyptian, and Mayan traditions. It teaches us to balance the mind and emotions through self awareness.

What is the primary objective of Kundalini Yoga?

The primary objective of Kundalini Yoga is to awaken the full potential of human awareness in each individual; that is, recognize our awareness, refine that awareness and expand that awareness to our unlimited Self. Clear inner duality, create the power to deeply listen, cultivate inner stillness, and prosper and deliver excellence in all that we do.
(Yogi Bhajan Library)



Class Schedule

Spring/Summer Schedule (2011)

(Subject to change. Please call or check website for updated info)

Mondays

7PM-8:30PM, The Eagle’s Nest

(Beginner’s class)

Wednesdays.....Starts June 8!

7PM-8:30PM, The Eagle’s Nest

(All welcome. Beginner-Moderate. Expect to sweat!)

Fridays*

5PM-630PM, The Eagle’s Nest

(This is a regular class with emphasis on prana and pranayam. Some Fridays there may be a special theme class or workshop. Please see website for updates or call to confirm.)

Other times/ locations:

(Varies. Schedule is not set so please check website or facebook for updates. Also, all classes at The Eagle’s Nest is in a covered, outdoor space. Please note to bring a warm sweater. Thank you.)

Special Yoga Classes / Workshops

- * Kundalini Yoga and Creativity
- * Women’s Creative Energy Circle
- * New Moon Gatherings
- * Rejuvenation and Healing Space

Please see website for dates and events.

www.lizacambayogini.wordpress.com



Kundalini Yoga and Meditation

Eagle Rock Northeast LA



Locations

The Eagle’s Nest * 2101 Estes Road, LA 90041
Eagle Rock Recreational Park*
1100 Eagle Vista Dr., LA 90041

Other Eagle Rock and (Northeast) LA Locales

626-869-6422

www.lizacambayogini.wordpress.com

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