

- 6 Week Series -

Happy, Healthy, & Peaceful

Workout at SUNSET with Kundalini Yoga + Meditation

Eagle Rock * 6 WEDNESDAYS * 7-8:30PM

"The Eagle's Nest" 2101 Estes Road, LA 90041 (3 blocks north of SWORK)

JUNE: 8, 15, 22, 29 JULY: 6, 13 *Attend the entire series or drop-in!*



Kundalini Yoga is known as the Yoga of Awareness. Kundalini technology utilizes breath, posture, movement, sound current, meditation, and deep relaxation. With these techniques, we warm the body, release tension, and experience a deeper sense of inner peace.

This 6-week series is designed to be a beginner-moderate level, however, all levels are welcome to join! We will have fun experiencing energizing sets and longer meditations that will offer you a blissful experience. You will walk away more radiant!

What to Bring:

- Yoga Mat
- Optional pillow or bolster for support
- Bottled water
- This is a covered, outdoors event - please dress appropriately
- Small blankie or beach towel to warm the body is recommended during the deep relaxation

Questions:

626-869-6422

About the Teacher:

Sat Akal Kaur (Liza F. Camba) is a certified Kundalini Yoga teacher, energy healer, and visionary artist.

For more info:

lizacambayogini.wordpress.com

COST:
\$10
per class