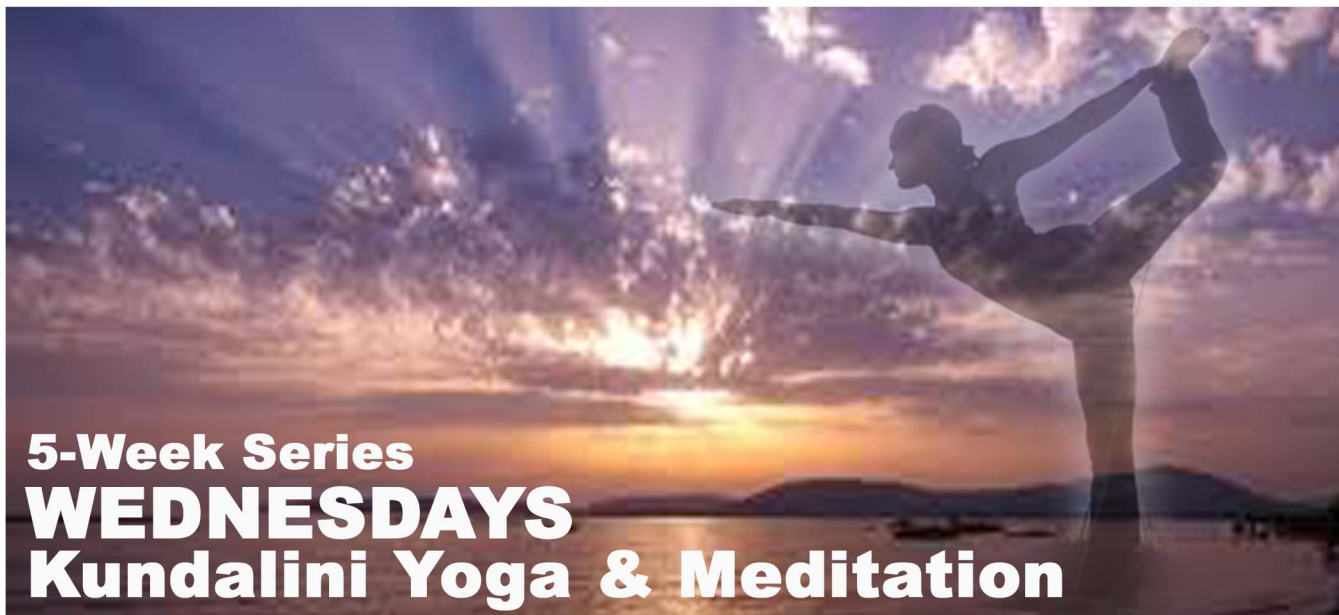


BE HAPPY & HEALTHY!

It's Your Birthright!



5-Week Series

WEDNESDAYS

Kundalini Yoga & Meditation

Kundalini Yoga as taught by Yogi Bhanan® is known as the *Yoga of Awareness*. It utilizes breath, mantra, postures, mudra, meditation, and deep relaxation. It is a science of the mind and body to elevate the spirit. This *5-week series* is specifically designed to help release stress, revitalize the physical body, and allow you to experience your divine radiance!

This is a beginner-moderate level class. Prepare to sweat and have fun while doing it! Attend all 5 sessions or drop-in to any class.

What to bring-

* yoga mat * bottled water * optional pillow or bolster to sit on and provide support * small blankie (for sivasana) * light sweater (this is a covered-outdoor class setting so a light sweater is essential)



About the teacher -

Sat Akal Kaur (Liza F. Camba) is a Certified Kundalini Yoga Teacher, Energy Healer, and Visionary Artist. Through the healing arts, her goal is to uplift and encourage the creative and healing energy within. For more info, go to: lizacambayogini.wordpress.com

5 WEDNESDAYS

7PM-830PM

June 8, 15, 22, 29

July 6, 13

Location

“The Eagle’s Nest”

**2101 Estes Road,
Los Angeles, CA 90041**

CONTACT

**626-869-6422
vision_peace@yahoo.com**

COST

\$10 per class