



Kundalini Yoga & Ayurveda with Deva



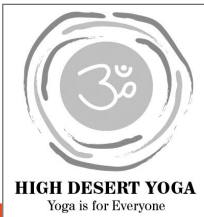
TUESDAYS 8:15am - 9:30am

Deva Khalsa teaches Kundalini Yoga with Ayurvedic principles woven throughout the class. Ayurveda is a 5000 year old science of life and together with yoga strives to help the student reconnect to their true nature. Together they encompass a complete approach to wellness of the body, mind and spirit.

Deva has been teaching Kundalini Yoga since 1992 and brings her warm spirit and fun nature into the class. She studied personally with Yogi Bhajan for many years in Espanola. She is an Ayurvedic Health Practitioner and a Kundalini Yoga Teacher Trainer.

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HIGH DESERT YOGA
Yoga is for Everyone

LOCATION

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