

Gentle

THURSDAYS 5:30 – 6:45pm

Kundalini Yoga

for Seniors & Beginners

Balance your body, mind and spirit!



Increase

- Flexibility
- Mental Alertness
- Energy

Discover

- Your Inner Healer
- Deeper Breathing
- Peace Within



Dukh Niwaran Kaur

*Studied directly
with Yogi Bhajan
and is an experienced
KRI Certified Teacher.*

**“You don’t
have to be
a pretzel.”**

*- Shakti Parwha
Kaur Khalsa*

All ages and abilities welcome

Bilingual: English/Spanish on request

Location

Shambhala Center: 920 41st Ave, Ste F, Santa Cruz

Contact me for directions or more info:

831.475.0976 / dniwaran@pacbell.net

www.livingwithandwithout.com

Reasonable Rates

*Discounts available for Seniors, Students, Families
and Friends!*