



KUNDALINI YOGA

Yoga for Every "Body"

Align, Shine, Flourish

THE YOGA OF AWARENESS

MEETS YOU WHERE YOU ARE!

TAKES YOU WHERE YOU WANT TO GO!

DATE:

Tuesday Evenings,
Starting January 12th, 2016

TIME:

7:00 PM to 8:30 PM

COST:

\$10 per class

LOCATION:

219 Wentworth Street
Legacy Hall,
Port City Dance Academy
Saint John

Join Us for weekly Kundalini Yoga Classes

Kundalini Yoga consists of simply yogic techniques that can be enjoyed by everyone. It is practical but also very powerful. It works quickly to give you grace, balance, and most of all, the ability to remain calm, centered, and clear through life's challenges. As you practice Kundalini Yoga you will grow. You will gain new perspectives and capacities, as well as habits that support a healthy lifestyle.

The best part is, you don't need any previous experience in yoga in order to achieve results.

Contact: Info@KundaliniYogaSaintJohn.ca

Facebook: Kundalini Yoga Saint John

Phone: 506-663-9377

**Lead by Siri Nam Kaur (Rhea Bowen),
Certified Kundalini Yoga Instructor as taught by Yogi Bhajan.**

Siri Nam Kaur has been practicing and studying kundalini yoga since 2007 as a way to bring to bring awareness, joy, health, and peace to her life. She became a certified Level 1 instructor in 2014. In the fall of 2015, she completed advanced Kundalini Yoga studies in Conscious Communication.

