

Kundalini Yoga for an Open Heart & Total Connection

Yogi Bhajan taught that in order to get to and stay in our hearts we have to first cultivate a powerful and stable base in our lower chakras.

In this six-week series we will practice the sacred teachings of kundalini yoga to strengthen our energetic foundation and transition to a space of open heartedness, trust and generosity. Using pranayam, asana, chanting and meditation, learn to expand your capacity for sincere appreciation and build a deeper connection to your heart.



inspirelight
elevate ~ expand

Claire Harpreet Kaur is a Level 1 Kundalini Yoga Teacher. She brings a contagious spark of joy, enthusiasm and grace to her classes. She has gone through an intense personal healing journey and believes that it was kundalini yoga that gave her the strength and tools to be able to live, let go and love in every moment.



Class Details

Date: Wed. 6-7:15pm
Oct. 8 – Nov. 12

\$13 / class 6-week series
\$16 / class drop-in rate

Cash preferred, credit cards accepted.

Classes will be held at the beautiful Sacred Space Studio:

3574 W 4th Ave (b/w Dunbar & Collingwood)

For more information & registration, please email me at:

inspirelightyoga@gmail.com

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