

KUNDALINI YOGA WITH
ADI MANET KAUR

KUNDALINI YOGA

THURSDAY
7 PM

**A weekly beginners
class of Kundalini Yoga
as taught by
Yogi Bhajan**

Sacred Ishnaan Kundalini Yoga
every THURSDAY @ 7 pm
sara.eley@gmail.com for address

UNDERSTAND THROUGH COMPASSION OR
YOU WILL MISUNDERTAND THE TIMES.