

Kundalini



"THE LAYERS OF A YOGI"

10 BODIES AND HOW TO BE RESPONSIBLE

THE YOGA OF AWARENESS

\$ 25 ADMISSION

GUIDED BY
AGNES TENGERDY

SATURDAY 1/26/19 2-4PM

RESERVE BEFORE 1/23/19

Another chance to try a different type of yoga practice. Kundalini offers particular techniques to raise this "primal energy" through our chakra's increasing awareness and consciousness.

RSVP BY WEDNESDAY, JANUARY 23RD, 2018