

*"Sadhana is not a matter of advantages and disadvantages. It is simply a means through which you can defeat all your miseries, misfortunes and handicaps. It is a very personal thing which does not relate to anybody except your self."*

- Yogi Bhajan

**Saturdays**  
**4:30am - 7am**

# Kundalini Yoga Sadhana

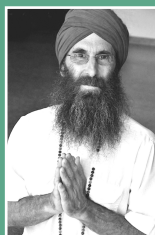
**Second Saturday  
of Every Month  
June - October 2014**

- June 14
- July 12
- August 9
- September 13
- October 11

To Register, Contact  
Bob Bauer

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Sadhana means daily spiritual practice. It is the foundation of all spiritual endeavor. Sadhana is your personal, individual spiritual effort. It is the main tool you use to work on yourself to achieve the purpose of life. It can be done alone or in a group. Sadhana is whatever you do consistently to clear your own consciousness so you can relate to the infinity within you.



Bob has been practicing Kundalini Yoga for over a decade. His love for the teachings inspired him to attend the 28 day KRI Level I teaching Immersion in 2008, he has been sharing the teachings since. Bob recently completed the KRI Level II Teacher Training in Española, NM.



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