

"Develop your Intuition so that the changes in the years to come may be convenient for you."

- Yogi Bhajan

Fridays
May 9 - Oct 31
9:30am - 10:30am

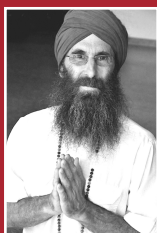
Seeds of Change through Kundalini Yoga

- \$12 per class or \$10 per class for a prepaid purchase of 10 or more classes
- Complimentary for OM Sanctuary Rest & Renewal registered guests

All others, contact
Bob Bauer to register

SiriBKundalini@gmail.com

Kundalini Yoga is the 'Yoga of Awareness' and awareness comes through deep listening. We quiet the body by cleansing the organs and balancing the glands with physical kriya. Then, we control the breath and begin to calm the mind through Pranayama. We end the practice with a deep relaxation to the healing vibrations of the gong and a short meditation with mantra.



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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