

RELAX and FREE YOUR SPIRIT

with Kundalini Yoga & Meditation



"The purpose of life is to watch and experience living. To enjoy living every moment of it. And to live in environments which are calm, quiet, slow, sophisticated, elegant. Just to be. Whether you are naked or you have a golden robe on you, that doesn't make any difference. The ideal purpose of your life is that you are grateful - great and full - that you are alive, and you enjoy it." - Yogi Bhaijan

10 Weeks
First Class
May 9

Kundalini Yoga as taught by Yogi Bhaijan® is known as the *Yoga of Awareness*. It is a science of the mind and body to elevate the spirit. This *10-week beginner's series* will introduce you to the basic concepts of breath, mantra, postures, mudra, meditation, and deep relaxation. All levels of experience are welcome.

Each week will offer a unique yoga experience that will warm and strengthen the body, release tension, bring clarity, help balance the mind, body, and spirit, and deepen your connection to your True Self.

What to bring to class-

- * yoga mat
- * bottled water
- * optional pillow or bolster to sit on and provide support
- * small blankie (for sivasana)
- * light sweater

(this is a covered-outdoor class setting so a light sweater is essential)

About the teacher -

Sat Akal Kaur (Liza F. Camba) is a Certified Kundalini Yoga Teacher, Energy Medicine Healer, and Visionary Artist. Through the healing arts, her goal is to uplift and encourage the creative and healing energy within. For more info, go to: lizacambayogini.wordpress.com

MONDAYS
7PM-8:30PM
May 9 - July 11 (10 wks)

LOCATION **"The Eagle's Nest"**

2101 Estes Road
Los Angeles, 90041

*(In Eagle Rock, just between Pasadena/
Glendale. 2 blocks north of Eagle Rock
Blvd/Colorado Blvd.)*

CONTACT:

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COST:
\$10 Per Class