



# Healing and Yoga

**Two Nights - SUNDAY, 7/3 & SUNDAY, 7/10 \* 7PM-9PM**

**The Eagle's Nest, 2101 Estes Road, Los Angeles, 90041 Ph. 626.869.6422**

“The process of self-healing is the privilege of every human being. Self-healing is not a miracle, nor is it a question of being able to do something that most people can't. Self-healing is a process that occurs through the relationship between the physical and the infinite power of the soul. It is a contract, a union--that is the science of kundalini yoga.” - Yogi Bhanjan

This will be an evening to heal ourselves and each other by creating an authentic space to love, offer compassion, and bring light to our wounds.  
In healing ourselves, we heal the world.

Both evenings will include diverse yoga sets, long, guided meditations, and sound vibration. All are welcome to partake in one or both evenings. This is a covered, outdoors event - dress appropriately. Bring your yoga mat, optional pillow/bolster for support, and bottled water. Warm tea will be served after class.

*About the teacher: Sat Akal Kaur (Liza Camba) is an artist, energy healer, and certified kundalini yoga teacher, specializing in teaching yoga to teens, women, artist circles, community groups, and corporate settings. Through the healing arts, her goal is to create a space to heal, renew, and inspire. For more info, go to: [lizacambayogini.wordpress.com](http://lizacambayogini.wordpress.com)*

\* A portion of the proceeds will go to support my friend Melissa Roxas.  
<http://justiceformelissa.org/>

Kundalini Yoga is known as the Yoga of Awareness.

Kundalini technology includes breathwork, postures, movement, sound current, acupoints, meditation, and deep relaxation.

# \$20

**per person/ night**

No one turned away for lack of funds - give what you can