



A 5-week series...

Rejuvenate & Be Happy!

with Kundalini Yoga & Meditation

5 Saturday Mornings, 9AM-1030AM

The Eagle's Nest, 2101 Estes Road, LA 90041
(Located 3 blocks north of SWORK) Ph.626.869.6422

“Kundalini Yoga is the fastest way to establish an alignment between the body, mind, and the soul.” YB

Kundalini Technology utilizes breath, sound current, acu-points, posture, movement, meditation, and deep relaxation to warm the body and give you an experience of inner peace and ultimately, your inner truth.

**JUNE: 18, 25
JULY 2, 9, 16**

Attend the entire series, or drop-in!

**COST:
\$10/ class**

“Happiness
is
your
birthright.”

- Yogi Bhajan

About the Teacher

Sat Akal Kaur (Liza F. Camba) is a certified Kundalini Yoga Teacher, energy healer, and visionary artist. She specializes in teaching to teens, women, artists, community and corporate settings.

For more information:
lizacambayogini.wordpress.com

