

- 6 Week Series -

# Happy, Healthy, & Peaceful

## Workout at SUNSET with Kundalini Yoga + Meditation

**Eagle Rock \* 6 WEDNESDAYS \* 7-8:30PM**

"The Eagle's Nest" 2101 Estes Road, LA 90041 (3 blocks north of SWORK)

JUNE: 8, 15, 22, 29 JULY: 6, 13 *Attend the entire series or drop-in!*



**Kundalini Yoga** is known as the Yoga of Awareness. Kundalini technology utilizes breath, posture, movement, sound current, meditation, and deep relaxation. With these techniques, we warm the body, release tension, and experience a deeper sense of inner peace.

This 6-week series is designed to be a beginner-moderate level, however, all levels are welcome to join! We will have fun experiencing energizing sets and longer meditations that will offer you a blissful experience. You will walk away more radiant!

### What to Bring:

- Yoga Mat
- Optional pillow or bolster for support
- Bottled water
- This is a covered, outdoors event - please dress appropriately
- Small blankie or beach towel to warm the body is recommended during the deep relaxation

### Questions:

626-869-6422

### About the Teacher:

Sat Akal Kaur (Liza F. Camba) is a certified Kundalini Yoga teacher, energy healer, and visionary artist.

For more info:

[lizacambayogini.wordpress.com](http://lizacambayogini.wordpress.com)

**COST:**  
**\$10**  
per class