

# Kundalini Yoga & Meditation

## a Journey through the Chakras

with Prem Siri Kaur

Session begins January 11 & 13

Mondays & Wednesdays

5:30 - 6:55pm

8 weeks @ 1 class per week: \$95

8 weeks @ 2 classes per week: \$150

call or go online to register

Chakras are energy centers that lay along the spine, corresponding energetically to their physical counterparts: the organs, glands and nerves of the body. The chakra system is one of the models which Kundalini Yoga uses to map the body, mind, and spirit. We can use this map to create a greater awareness of who we are and where we want to be in life, and also to allow healing on many levels of who we are.

Happiness, contentment, and good health are by-products of a healthy functioning chakra system. Through the use of powerful yogic exercise sets & meditations, we will learn to access the power in each individual chakra.

Balance. Heal. Awaken. Shine. Transform.

Week I: Root Chakra

January 11, 13

Week II: Sacral Chakra

January 18, 20

Week III: Navel Chakra

January 25, 27

Week IV: Heart Chakra

February 1, 3

Week V: Throat Chakra

February 8, 10

Week VI: Brow Chakra

February 22, 24

Week VII: Crown Chakra

March 1, 3

Week VIII: Aura

March 8, 10

FREE Introduction to Kundalini Yoga

Friday, January 8, 2010

5:45 - 6:45pm

call to register

610-867-YOGA (9642)

[www.TheYogaLoftOfBethlehem.com](http://www.TheYogaLoftOfBethlehem.com)



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