

The Yoga Loft presents:

Kundalini Yoga & Meditation

Foundation Series

8 weeks

Tuesdays & Fridays

11:00am-12:15pm

April 20/23 - June 8/11

2010



The Yoga Loft
521 E Fourth St., 3rd floor
Bethlehem, PA 18015
610-867-9642
TheYogaLoftOfBethlehem.com

cost:

8 sessions, \$95
(1x per week)

12 sessions
1-2x per week, \$130

16 sessions, \$160
(2x per week)

Heal, uplift and be inspired!

Kundalini Yoga is one of the most powerful and effective forms of yoga. It stimulates optimal health and a radiant sense of well being with simple yogic techniques that can be practiced by anyone.

This series will give students a firm foundation and immersion in the core principles and philosophies of Kundalini Yoga as traditionally taught by master teacher Yogi Bhajan.

Beginning through advanced students will enjoy lectures, kriyas (sets of exercises) and meditations that will explore the roots of Kundalini Yoga.

Pranayama (breath control), asana (posture), mantra (sound vibration), and many other traditional forms will also be thoroughly explored.

Delicious yogi tea will be served after each class!