

# Kundalini Yoga Basics

A class for absolute beginners!

with certified Kundalini Yoga teacher, Prem Siri Kaur

## *Day & Time:*

Every Thursday, 7:15pm-8:45pm

*(ongoing as of June 4, 2009)*

## *Location:*

The Yoga Loft

521 E Fourth St., 3rd Floor

Bethlehem, PA 18015

610-867-YOGA (9642)

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

## *Learn :*

- *correct posture according to yogic teachings*
- *yogic breathing techniques*
- *to stretch and strengthen using gentle, yet effective asanas (postures) and kriyas (sets of specialized, sequenced yogic exercises)*
- *chants and meditations using proper and effective techniques*
- *relaxation and stress relieving techniques*



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**call for more info!**  
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