

The Yoga Loft presents:

Kundalini Yoga & Meditation: Navel Intelligence for powerful well-being

with Prem Siri Kaur

Session begins July 12 & 14
Mondays & Wednesdays
5:30 - 6:55pm

8 weeks @ 1 class per wk: \$95

8 weeks @ 2 classes per wk: \$160

call or go online to register



In the ancient shastras, it states that "all yoga starts in the Navel Point". The navel is an important center of energy transformation in the body. A strong navel brings many blessings including better circulation throughout the body, an overall feeling of well-being, more courage, and a deeper ability to meditate and transform on energetic levels. A weak navel reflects a fatigued body, anxious mind, and restless spirit. This series is all about awakening the intelligence of your navel point through various sophisticated yogic techniques. In this 8 week series, you will practice many strenuous & powerful abdominal kriyas (sets of yogic exercises), powerful meditations, and ways to adjust and set the navel point. Learn the secrets of Kundalini Yoga for Navel Power!

Week I: July 12, 14
Week II: July 19, 21
Week III: July 26, 28
Week IV: Aug 2, 4
Week V: Aug 9, 11
Week VI: Aug 16, 18
Week VII: Aug 23, 25
Week VIII: Aug 30, Sept 1

FREE Introduction to Kundalini Yoga

Friday, July 9, 2010

5:45 - 6:45pm

call to register

610-867-YOGA (9642)



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