

KUNDALINI YOGA



New Yoga Session begins January 11

Monday - noon - 1:15pm

with Saibhung/Heather M Thomas, DC

www.peterboroughchiropractic.com

Wednesday - 9:30 - 11am

with Balmeet/Cassie Cleverly

Thursday - 7 - 8:30pm

with Hari Kirin www.artandyoga.com

Kundalini Yoga is an ancient tradition designed to heal body, mind and soul through postures, breathing exercises, meditation, chanting and relaxation. Anyone can do it, but it's a bit challenging for everyone. You will experience benefits in the very first class- peace, relaxation, physical conditioning. Classes will be on-going. You can purchase a 6-week series for one class for \$72 (\$12/class). If you wish attend more classes, \$120 (\$10/class) for two classes or \$180 for 3 classes/week. Drop-in rate is \$15 per class.

UNION MILLYOGA

North on Union Street from Rt 101 E/W 1.5 miles, past curve over bridge on right. West Peterborough