

KUNDALINI

Summer Session 2008 June 16 to August 24

10 week session \$120. Single class \$17. Second class is 1/2 price

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15 - 9:45AM Gentle Kundalini Yoga SDK/Susan					
						4 to 6 PM Women's Kundalini Yoga HKK
	7 -8:30 PM Beginners Kundalini Yoga HKK		7 -8:30 PM Kundalini Yoga & Sound SDK/Susan			

Kundalini Yoga An integrated and authentic system of exercise, breath control, and meditation that has been practiced in India for millennia, it's safe, comprehensive, and simple. It promotes physical health, stimulates the mind's potential, and touches one's innermost being. Choose from: *Gentle* for beginners or anyone wanting a slower pace, *Women's* for women - all ages & abilities, *Beginners*; if you are new to yoga or want to review the basics. *Yoga and Sound* includes asana, pranayama, mantra, ending with gong meditation.

Kripalu Danskinetics combines yoga and dance. Born from Kripalu Yoga, it is meditation- in- motion, sometimes filled with abandon, sometimes quiet and still.

Fall in love with your body, and experience community in a safe and sacred setting.

Susan Brown (SDK- Sat Dharam Kaur) BA co-owner KYS&AG. Certified Kundalini Yoga Teacher (KRI) Susan teaches art and yoga at the High Mowing School. Private sessions available. susanqbrown@tds.net

Hari Kirin Kaur Khalsa (HKK, Joan Hanley) RYT, MFA, MA (Creative Arts Therapies) co-owner, is a Certified Kundalini Yoga Teacher (IKYTA) teaches art/yoga at Kripalu & Schumacher College. Private Sessions available. www.artandyoga.com
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KUNDALINI YOGA STUDIO

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