



Introduction to Kundalini Yoga-Beginner's Workshop

Saturday, January 21 9:00 – 11:30am \$21

Presented by Eva Michel/Dharamjeet Kaur

Please join Eva Michel/Dharamjeet Kaur , Yoga Rays Founder for a morning dedicated to deepening your understanding of all aspects of Kundalini Yoga, and yoga in general. This workshop is wonderful for the beginner, or advanced student wishing to deepen their knowledge and practice.

Kundalini Yoga is known as "The Mother" of all yoga" and "The Yoga of Awareness, because of its supreme technology to awaken your awareness through the Chakras and take you into your original authentic self. It is a natural unfolding of your true authentic and creative Human potential.

This workshop will focus on the history of all yoga, the fundamentals of energy points in the body known as "Chakras", Pranayama (breath control), Mantra, Meditation, and Relaxation. You will learn the basic skills to develop a nourishing yoga practice for your mind, body, and soul. In order to experience the powerful benefits of The supreme technology of Kundalini Yoga, there will be a regular class following the lecture, with Q & A following.

The ancient technology of Kundalini Yoga applies its science to our bodies, minds, and spirit, strengthening the glandular and nervous systems, enabling us to harness this energy, so we can be in control of ourselves, rather than being controlled by our programming, thoughts and feelings. Those who can control their mind can control their life and destiny. Live your destiny not your karma!

This is a wonderful opportunity to learn the basics of Kundalini Yoga with a safe, informative and gentle, comprehensive approach. This is highly recommended for all who are in their first month of any style of yoga or would like a refresher course of Kundalini and yoga basics.

All ages and fitness levels will experience immediate results!

For more info and to RSVP please email eva@yogarays.com

www.YogaRays.com