

Release, Restore & Rejoice!

Take one, two or all of three of these unique & powerful workshop classes. Each class offers a different approach to working out in a sacred way. All classes will have yoga, breathe work, Indian dance, bellydance & emotional release techniques that are fun and joyful. Classes are taught by certified HEMA instructor, certified Kundalini yoga teacher, certified bellydance teacher, and highly qualified healer Prem Siri Kaur.



Due to limited space, you must reserve your space one week ahead of the class date. **Reserve a space by calling 610-865-2523, emailing info@premsirikundalini.com, or sign-up at the Hookah Turka during their open hours.**

Whichever method you use to sign-up please be sure to leave your full name, phone number & email, clearly. These are required for you to reserve your spot. Once you sign up you will be promptly contacted by the instructor for confirmation. You can pay the day of the workshop class.

Cash only and if you pay ahead, there are no refunds.

"Prem Siri Kaur is one of the most incredibly authentic and powerful healers I have had the pleasure of being around."

- Hemalayaa Behl , author of 9 DVD's on Indian Dance & Yoga, & the HEMA Wellness Program

For online access visit www.premsirikundalini.com
and on facebook search

Kundalini Shakti Yoga, Dance & Music.

Bollywood Vinyasa

(Kapha balancing practice)

Tuesday, December 6, 2011

5:30-7:00pm

\$15

Location: 44 W. Broad St., Bethlehem

This playful and vigorous class incorporates familiar Vinyasa flow yoga with the outrageous, bold elements of Bollywood Dance.

Dance of the Kama Sutra

(Pitta balancing practice)

Tuesday, December 13, 2011

5:30-7:00pm

\$15

Location: 44 W. Broad St., Bethlehem

Discover the dancer, romancer & divine in you in this playful and heart opening movement class based off of the classical Indian text, the Kama Sutra.

Sacred Dance & Yoga

(Vata balancing practice)

Tuesday, December 20, 2011

5:30-7:00pm

\$15

Location: 44 W. Broad St., Bethlehem

Experience first hand when movement goes beyond just the physical, and becomes, sacred—the moment when you experience the divine. Class infuses the art and science of yoga postures, breath work and Indian dance.