

The Yoga Loft presents

# Kundalini Yoga & Meditation for

# 2012



A toolkit for surviving & thriving in the Aquarian Age.  
Be a super human with these uplifting techniques!

## 8-week series

## begins Jan. 30/Feb. 1, 2012

Mondays &/or Wednesdays

7:00 - 8:25pm

8 wks @ 1 class per wk: \$99

8 wks @ 2 classes per wk: \$160

**FREE Intro  
to Kundalini Yoga  
Friday, January 27  
7:30 - 8:30pm  
call or click to register  
610-867-YOGA (9642)**

### *Series Dates & Class Focus:*

#### **January 30, February 1**

Cleanse the Chakras: Learn about the 8 main chakras and then practice a kriya & meditation that cleanses and awakens them.

#### **February 6, 8**

Understanding the 10 Body Yogic System: Learn about this system and practice a kriya and meditation to balance it. Also learn your own birthday tantric numerology.

#### **February 13, 15**

How to practice a morning sadhana: learn how to do your own morning sadhana and chant the mantras correctly. Learn how to make your own yogi tea with a demonstration.

#### **February 20, 22**

Constructing a 40 Day Practice: Learn how to approach a 40 day practice in a sustainable way, and learn 3 different highly recommended kriyas to choose from for your 40 day set.

#### **February 27, 29**

The Best Kriyas for the Aquarian Age: We will learn the 4 most important practices that Yogi Bhajan prescribed for this age.

#### **March 5, 7**

The 5 Aquarian Sutras: Learn the 5 Aquarian sutras to get you through ANY obstacle in 2012. You will practice kriya & meditation that will effectively present the sutras in action.

#### **March 12, 14**

Creating Community & Communication: Learn kriyas designed in group formations. Group consciousness is the most powerful energy, and we will practice a healing ring of tantra to experience this.

#### **March 19, 21**

Reversing Cold Depression: Yogi Bhajan cautioned us that as we come closer to the Aquarian Age that humanity would suffer from a phenomenon called Cold Depression. We will conclude the series with practices that resolve this energetic problem.

The Yoga Loft 521 E. Fourth St., 3rd Floor

Bethlehem, PA 18015 610-867-9642

TheYogaLoftOfBethlehem.com