

Anxiety Relief

Kundalini yoga & meditation protocols for general and acute anxiety.



Monday, September 13, 7:30-8:30pm

Monday, September 20, 7:30-8:30pm

Monday, September 27, 7:30-8:30pm

Monday, October 4, 7:30-8:30pm

Learn the best kundalini yoga techniques for controlling, releasing, and even stopping anxiety from ruling your life. These techniques are practical for daily use and extremely effective. They are based on an actual Kundalini yoga protocol used in clinical trials by psychiatrist and yoga master David S. Shannahoff Khalsa with outstanding results.

This short one hour class will give you powerful tools for dealing with low, average, and high levels of anxiety. A rare opportunity.

Location:

**Office of Alexandra Vandak, MS, LPC
525 Main Street; Suite 2A, Bethlehem, PA**

Please call Alexandra's office at 610-691-5483 to reserve a space.

Cost: one class \$12