

The Yoga Loft presents:

Kundalini Yoga & Meditation: Master Class: Autumn Cleanse

for your lungs , digestive system, skin & the metal element

with Prem Siri Kaur

Sunday,
November 7, 2010
1:00 - 4:00pm

Cost:\$30 drop in, or \$15 for series students*
*must be paid at time of series registration

Fall is a time when we reap what we have sown all year long. It is a time to cultivate the attitude of gratitude and reflect on the blessings and mysteries of life.



It is also a good time to release physical & emotional baggage and to cleanse & prepare for the winter's introspective energy. It is a time of letting go, particularly of old grief and attachments.

The Master Class will present some of the kriyas taught throughout the Autumn Cleanse series (Sept 13 - Nov 3) at their full times, to experience the optimum benefits. These are deeply challenging Kundalini classes and are offered to students looking to take their Kundalini practice to the next level.

www.TheYogaLoftOfBethlehem.com



The Yoga Loft
521 East 4th St., 3rd Floor
Bethlehem, PA 18015
610-867-9642