

The Yoga Loft presents:

Kundalini Yoga & Meditation: Gentle Autumn Cleanse

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

with Prem Siri Kaur

8 week series and Master Class

Session begins Sept. 13 & 15
Mondays & Wednesdays
5:30 - 6:55pm

8 weeks @ 1 class per wk: \$99

8 weeks @ 2 classes per wk: \$160

Master Class: \$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.

In this Fall series, our kriyas and meditations will focus on cleansing heavy metal toxins from the lungs, large intestine, and skin. The emotional focus will be on cleansing grief and sadness from the heart & soul.

The Master Class will present some of the kriyas taught throughout the series 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.

Week I: Sept 13, 15

Week II: Sept 20, 22

Week III: Sept 27, 29

Week IV: Oct 4, 6

Week V: Oct 11, 13

Week VI: Oct 18, 20

Week VII: Oct 25, 27

Week VIII: Nov 1, 3

Master Class: Sunday, Nov 7th, 1-4pm

FREE Introduction to Kundalini Yoga

Friday, Sept 3, 2010

5:45 - 6:45pm

call to register

610-867-YOGA (9642)



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