



Kundalini Yoga & Meditation Fundamentals: Detox & Release

November 13, 2-4pm

Cleanse. Renew. Refresh.

Kundalini Yoga is one of the most powerful and effective forms of yoga. It stimulates optimal health and a radiant sense of well being with simple yogic techniques that can be practiced by anyone.

This workshop will offer a wonderful experience of kundalini yoga's detoxification power. Beginning through advanced students will enjoy a kriya (set of exercises) and meditation that will explore cleansing the tissues, muscles, and organs of the body. Pranayama (breath control), asana (posture), mantra (sound vibration), and mudra will be explored to cleanse the mind for a deeply transformative afternoon.

Join me and be purified, inside and out!

Cost: \$25 per person (\$20 if you register before September 24.) To register please call South Mountain Yoga at 610-844-2683.