

The Yoga Loft presents:

# Foundations of Kundalini Yoga

Weekly Drop-In Class  
Tuesdays  
11:00am-12:15pm



## Heal, Uplift and Be Inspired!

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 weekly drop-in class will give an opportunity to practice the most beloved and effective kriyas (sets of yogic exercises) for beginners.

These kriyas, practiced consistently over time, will create a firm foundation and immersion in the core principles and philosophies of Kundalini Yoga as traditionally taught by master teacher Yogi Bhajan.

Pranayama (breath control), asana (posture), mantra (sound vibration), and many other traditional aspects of kundalini yoga will be practiced and explored.



The Yoga Loft  
521 E Fourth St., 3rd floor  
Bethlehem, PA 18015  
610-867-9642  
TheYogaLoftOfBethlehem.com