

Traditional Kundalini Yoga

Morning Sadhana



September 25 · 4:30am - 7:00am

Location: The Yoga Loft of Bethlehem

521 East 4th Street

FREE and open to students at any level!

The yogic scriptures called the Kundalini Upanishads call for at least two and a half hours of spiritual practice before the rising of the sun. Before sunrise the angle of the sun to the earth is the best for meditation. The air is loaded with prana and the body and mind are more prone to cleanse and refresh. A dedicated yogi can attest to the power of practicing in the early morning dawn!

"Come join me for this special experience." -Prem

Japji prayer recitation will begin at 4:45am.

Yoga Set will begin at approximately 5:15 am.

(gentle stretching, breathing and toning)

Chanting will begin at 6:15 am and end at 7:20 am.

Please wear white if possible