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## Kundalini Yoga & Meditation Weekend

Friday, September 24<sup>th</sup> 7:00-8:15 pm

Sunday, September 26<sup>th</sup> 10:30 am-12:00 pm



### Naad Yoga ~Sound & Mantra

Every element of the universe is in a constant state of vibration manifest to us as light, sound, and energy. This unique experiential contains a short Kundalini yoga set to prime the central nervous system, gong bath to release blocks and negative patterns, and meditations using breath and mantra for integration.

Bring: Yoga mat, cushion and blanket.  
Wear: Comfortable clothes to move in.

Teacher: Suchas Kaur (Tracy Pitts)  
Date: Friday, September 24<sup>th</sup>  
Time: 7:00 – 8: 15 PM  
Fee: \$12 pre-registration/\$15 door

### Kundalini Yoga

A dynamic yoga class focusing on mind, body, & breath. Consisting of a kriya set (asanas), deep relaxation, and meditation, this class is suitable for adults and teens.

Teacher: Suchas Kaur (Tracy Pitts)  
Date: Sunday, September 26<sup>th</sup>  
Time: 10:30 – Noon  
Fee: \$15 pre-registration / \$20 door