

Beginners Kundalini Yoga Course - six weeks



New year, new studio, new you!

Awaken to your potential...

Experience yourself...

Learn all you need to know of the hows, whys and benefits of Kundalini Yoga and Meditation while you improve your wellbeing, state of mind and develop intuition and inner awareness.

Great for first timers to yoga and those wanting to know more about Kundalini yoga - start where you are at and expand into your potential!

Course starts on **Thursday 23rd February 2012** at 7:30pm

Cost \$90 for the 6 week course

at

Spirit of Yoga

Rear of 138B The Parade Norwood (behind Cafe Bravo)

To register for the course contact

Balwant on 8431 0419 or email info@rarestgem.com.au

Spirit of Yoga on 0418 811 747 or email info@spiritofyoga.com.au

The only way to really understand Kundalini Yoga is to experience it.

About the Teacher:

Balwant Kaur is the most senior Kundalini Yoga teacher in Adelaide. She has been teaching Kundalini Yoga since 2004 when she trained in Sydney with GuruJivan Kaur Khalsa. Today she is a fully qualified Kundalini Yoga teacher and is a member of International Kundalini Yoga Teachers Association (IKYTA) and KYTANZ.

In March 2008 Balwant undertook a teacher training course in Pune, India. She trained there with masters of the Iyengar Yoga tradition. Her aim was to learn more about alignment of the body to enhance her own practice and her teaching skills.

According to Balwant it doesn't matter what you look like, what size you are or how flexible you are, everyone can benefit from Kundalini. It is the yoga for the regular person who has a job, has a family and has commitments. It is a technology that we can use for living a harmonious, healthy and happy life.



“All the people who come to do this amazing yoga grow in their practice and in themselves. Kundalini Yoga is the yoga of awareness.”