

Kundalini Yoga

Community Class

Perfect for Beginners!



This class will be packed with all the basic information a potential student would want to know about Kundalini Yoga.

This class will cover:

The Benefits of Kundalini Yoga,
Kundalini Energy,
Tuning In with the Adi Mantra,
Pranayama (Breathing Technique),
What is a Kriya (yoga set),
Meditation and Mantra,
and the class closing song.

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

Next class held at 1pm on 4 February 2012

St David's Anglican Church Hall
488 Glynburn Road, Burnside

A donation would be greatly appreciated.

Class is open to new students & existing students.

For more info contact Balwant 8431 0419 or info@rarestgem.com.au



Kundalini Yoga
The Rarest Gem