

# Kundalini Yoga

**The beginner's course has been designed to introduce you to basic breathing exercises and postures that will immediately benefit your mind and body. A great way to start 2010!**

**The fact is that there is nothing more beautiful, more worthy or more conscious than you.** Yogi Bhajan



- **The beginner's course is 8 weeks long, 2 classes per week.**
- **Classes to be held at Kinetic Kids located on Route 33 (same compound as Sarah's Ice Cream) opposite the Crossroads Farm Subdivision. Call for more information.**
- **Cost per class is \$10, or \$150 for the entire course.**
- **Please bring an exercise mat and dress in light colored, loose fitting clothing (preferably white)**
- **Taking this class will entitle you to 2 free Zumba classes (same location)**

**Class schedule: Mondays and Wednesdays, 7-8 p.m. beginning Monday January 25th.**

(540) 478-4746

*Taught by: Sundari Shahani, who has been a practitioner and yoga teacher since 1996.*

*Call to reserve your place in class!*