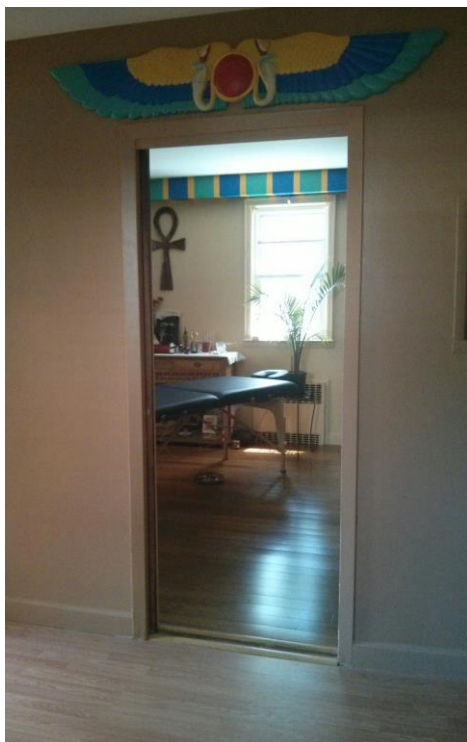


## In **Light** Yoga and Health

### Ra Sekhi Kemetic Reiki



An Ancient Kemetic Healing System that uses the energy within to balance mind, body and spirit. The promotion of Ma'at is at foundation of the practice.



*MutShat Shemsut,*  
Ra Sekhi Kemetic Reiki Master, Teacher

### ***Healing Session Energy Exchange***

#### **1<sup>st</sup> Session--\$117**

The session includes consultation, aura cleansing, aritu/chakra scanning, aritu/chakra reading, aritu/chakra balancing, an emailed summary and “tools” you can use to work on releasing negativities of the past and present and a complimentary gemstone. A session may also include sound therapy, crystal therapy, and aromatherapy. You will leave feeling relaxed, lighter, reenergized and refreshed.

#### **2<sup>nd</sup> Session--\$90**

The session includes all of the preceding (except the gemstone) as well as a Kundalini Yoga lesson in which a meditation specific to your needs will be taught. You will get a copy of the meditation to practice at home.

**3<sup>rd</sup> Session--\$54** (and for all subsequent sessions)

The session includes all of the preceding. An additional meditation may be given.

*Note: The number of sessions needed varies according to how imbalanced your aritu/chakras are and how much work you put into your own healing in between sessions. The first session may be very insightful. However, at least three or four are recommended for maximum results and to pave the way toward successful self-healing.*

*Also Offered...*

**Couple's Ra Sekhi**—To strengthen the marital bond or other close, committed relationship

**Ra Sekhi Attunement**—Levels 1 and 2  
Learn to heal yourself and others;  
become a Ra Sekhi practitioner.  
Contact for more information.



**In **Light** Yoga and Health**  
**3626 De Reimer Avenue**  
**Bronx, NY 10466**  
**Call for an appointment today**  
**646-571-9500**

## Kundalini Yoga and Meditation at In **Light** Yoga and Health



**It's Yoga for You!**  
**All ability levels welcome.**

**Expand your mind**  
**Take care of your body**  
**Lift your spirit**

Kundalini Yoga as taught by Yogi Bajan is called the yoga of awareness. It is a precise, conscious, sacred science and technology that combines breath, mudra (hand positions) eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand the lung capacity, and purify the blood—as well as give you a wonderful work-out that will leave you feeling better than when you came in.

All classes take place at In **Light** Yoga and Health, Bronx, NY, with one exception.

### **Schedule (You must RSVP)**

**Tuesdays** 11AM to Noon (Bronx);  
6:00 to 7:30 (Brooklyn only)

**Wednesdays** 6:15PM to 7:45PM

**Thursdays** 11AM to Noon; 4:00PM  
to 5:30; 6:15PM to 7:45

**Saturdays** 11AM to 12:30PM

**Sundays** 9AM to 10:30

Most classes are 90 minutes long with the exception of power hour Tuesdays and Thursdays at 11AM.

### ***Energy Exchange*** **Yoga Classes and Cards**

Single Class \$15  
3 Class Card \$35  
6 Class Card \$72  
10 class Card \$125  
Private Classes \$70  
CC, PayPal accepted

**In **Light** Yoga and Health**  
**3626 De Reimer Avenue**  
**Bronx, NY 10466**  
**You must RSVP**  
**646-571-9500**

**MutShat Shemsut/Gianprem**  
**Certified Kundalini Yoga**  
**Instructor**

**Come and do something good for  
yourself!**