

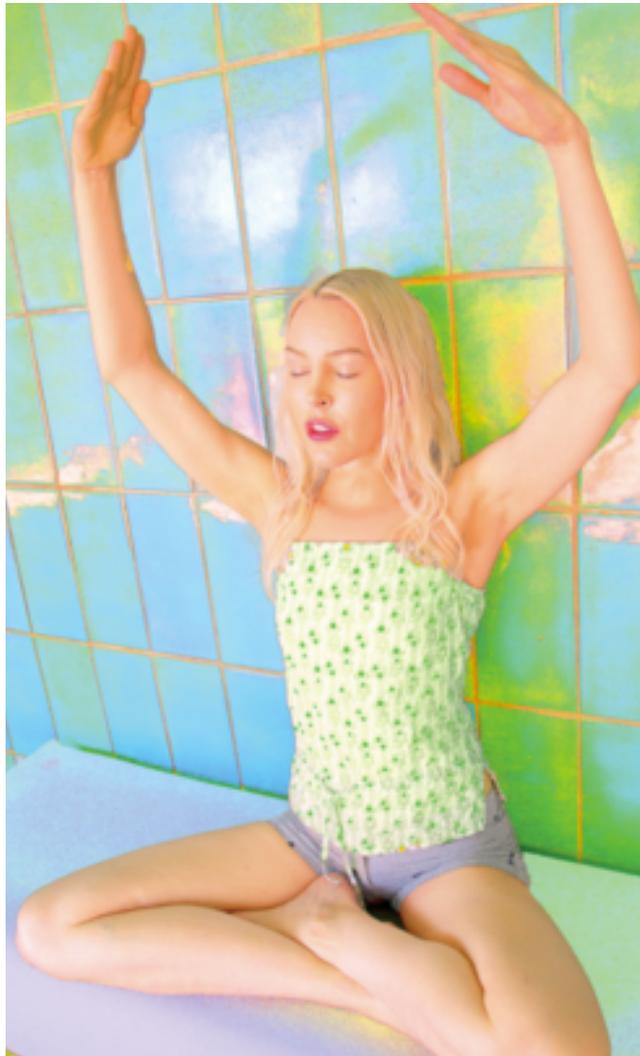
Kundalini Yoga

Sat. May 16th
Two Workshops

Shine Like the Star
You Are!

9:30 - 11:30 am

Build your radiance for
charisma, attractability
and luck. Let your very
presence be a healing
force in the world! 80%
physical / 20% medita-
tive. ALL LEVELS \$40



Ana Brett Ravi Singh

Kundalini Soul
Training!

1:30 - 3 pm

For intermediate + yogis
who are ready to take
the next step in their
practice and path.
75% physical / 25%
meditative. \$25

Shine like the sun with Kundalini Yoga's blend of breath, movement, stretching, meditation, dynamic alignment, chanting, and more, for powerful synergistic, exponential effects. In these sessions we'll access our inner energy and inspiration to give ourselves permission to shine, prosper, and excel in every area of our lives. Deepen your yoga practice. Share in an uplifting group experience! Most importantly manifest Destiny and use your unique creativity heal the world! Also included: a sonic healing to live gong music!



Celebrated Teachers Ana and Ravi have authored 24 top selling DVD's and a forthcoming book. They've trained 300+ Kundalini Yoga Teachers. They present All-In-One Yoga and Meditation which celebrates Spirit.

Info: www.raviana.com

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