

# Kundalini Yoga



Ana Brett  
Ravi Singh

Sat. March 7<sup>th</sup>  
11 am - 1 pm

Deepen your yoga practice. Share in an uplifting group experience! Above all, manifest your Destiny, and heal the world! ALL LEVELS



\$40

The Yoga Loft  
72 South Stewart St  
Sonora, CA.  
space limited please  
pre-register

## Shake Your Chakras and Rock Your Soul!

These are not your grandmothers's chakras! Join Ana and Ravi for a new, experiential take on this timeless model. The chakra system represents the complete spectrum of the human experience. In this inspiring workshop we'll climb the ladder of lights from the mundane to the miraculous! Learn where your blocks are and how to transform them. We'll do Kundalini Yoga exercises and Meditations for each chakra to allow new energy to flow freely in our lives and for a tangible experience of Spirit. The new insights presented regarding this timeless model will enhance your yoga teaching and personal practice. Come join us and experience the best of both worlds: a comprehensive workout as well as food for your soul. 75% physical /25% meditative. FOR ALL LEVELS.



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](http://www.raviana.com)

[www.yogaloftsonora.com](http://www.yogaloftsonora.com) / Tonya at 575. 654.0493 or Cherie at 209.484.4940