

Coming this Fall...

Go deeper in your practice-
Experience the challenge...

KUNDALINI YOGA AT PRASADA

Six
Week
Series

Introduction to Kundalini Yoga
Taught by Lisa Rockenmacher, RYT500
Sundays 8 am: 75 minutes
October 17th-November 21st

- Kundalini Yoga offers a vigorous practice for all levels of ability.
- Each Kundalini class begins with a sacred mantra followed by a kriya (a challenging yogic series intended to detoxify and strengthen) and concludes with meditation, relaxation, and affirmation.
- Participants will be given the tools and guidance to create a home practice.

Preregister Today!

Transform Your Body. Feed Your Soul.

Cost for Prasada Members: \$70.00 Non-members:\$88.00

Registration forms available online www.prasadayogacenter.com
and at the studio: 18 Lafayette Road, Unit #4, North Hampton NH.

\$25.00 deposit due at time of registration.

If you require further assistance/information call Prasada Yoga Center (603)964-1919

When the time is on you, start and the pressure will be off - Yogi Bhajan

