

April Wellness Workshop at Wild Iris

Introduction to

KUNDALINI YOGA

with Peter Chan (Darshandev Singh)

Saturday, April 21
11am - 1pm
\$20 (members \$15)



Wild Iris Studio
455 Railroad Street
www.WildIrisYoga.com



Kundalini Yoga is a fully integrated form of yoga brought from India by Yogi BhaJan in the 70s. It's one of the most powerful forms of yoga you can experience. It blends familiar postures, dynamic movements, pranayama breath techniques, meditation, mantras and mudras into a practice that will help you to develop an aligned relationship between your body, mind, and soul. Kundalini is often referred to as yoga of "awareness" which opens pathways that encourage profound personal growth and transformation through self-healing to overcome emotional, mental, and physical blocks.