

Healthy Heart, Open Heart

Kundalini Yoga Workshop Series



When you
open
your
HEART!
You open
the door to
endless...



Keuka Peaceful Roots, Hammondsport, NY

Mondays ~ September 23—November 18

5:30pm—6:45pm

This 9 week series of Kriyas (sets), especially chosen to focus on the heart, will do wonders for your cardiovascular health. The time tested technology of Kundalini yoga will also open your heart giving you the confidence to pursue your hearts desires.

Co-op info



To save your space register with Elisa at 607.664.6640 or Andrea at Healing Spirits Herb Farm 607.382.4177. For more information about Kundalini Yoga go to serenityyogawithelisa.com.

Elisa Leone discovered Kundalini Yoga in 2005 and has been loving it ever since! She is a certified Kundalini Yoga Instructor and has been teaching Yoga in the Finger Lakes region since 2012.