

# Healthy Heart, Open Heart

## Kundalini Yoga Workshop Series



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



Healing Spirits Herb Farm, Wallace, NY

Thursdays ~ September 26—November 21

6:00pm—7:15pm

*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.*

**9 Classes ~ \$90, \$10/class**

**Register by September 15th and pay the discounted price of \$85!**



**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](http://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.