

Kundalini Yoga Class Schedule

204 E. Capitol Dr. #107

Milwaukee, WI 53212

We are located above the Outpost Natural Foods.

414-915-5234

All Classes are drop-in and they are \$15.00

Wear loose fitting clothing and a head covering if you can(not required).

. Bring a Yoga Mat if you have one(there are only a few here). Drink water.

OCTOBER

Saturday October 18, 2008 9am- 10:15am

Kriya for Elevation (KY teacher man.) #343- The Divine Shield Meditation for Protection and Positivity (KY teacher man.) #418

NOVEMBER

Saturday November 15, 2008 9am-10:15am

Getting the Body out of Distress(reaching me in me)#27- Meditation: Releasing Childhood Anger(reaching me in me)#58

DECEMBER

Saturday December 6, 2008 9am-10:15am

Overcoming Tiredness; A Wake-up Set(self-experience)#13- Breath of Ten Meditation to Become Disease Free(self-experience)#30

Saturday December 20, 2008 9am-10:15am

Basic Spinal Series(KY teacher man.)#339- The Divine Shield Meditation for Protection & Positivity(KY teacher man.)#418