

present

The Yoga of Self Care A Kundalini Yoga Intensive

with Dr. Siri Gian Singh Khalsa

February 11th - March 26th

"Before, fear was my motivator. Now, with Kundalini Yoga, it is love"
-Stephanie, social worker

- Nourish your body ● Get the support you need to choose health
- Integrate your connection with Source ● Learn new patterns of self care
- Meet like-minded people ● Teacher training track available

Daily practices include:



Basic training in Kundalini yoga: yoga sets, meditations, chants, and breathing techniques to reduce stress, build the immune system, foster presence in your body, and inspire creativity.



Breathwork: Oxygenate the body, clear physical and emotional trauma, transform addictive patterns and connect with your essence through powerful breath sessions.



Cleansing Diet and Nutrition Education: Learn the benefits and principles of a raw organic vegan diet. Hands-on preparation of foods that please the palate and satisfy the soul. Simple, quick and budget conscious recipes provided.



Additional Self Care: Chakra balancing, Yoga Therapy and Acupressure Points, Sound Healing, Daily Prosperity Meditation.



Kundalini Yoga Teacher Training Track: Share your new knowledge! Become a Kundalini yoga teacher - Some additional preparation required; please call for information.

Schedule of Classes:

Every Day Yoga, Meditation, Breathwork, & Chanting from 4:00 am to 6:30 am

Weekend Classes

Sun. Feb. 12th, Sat. Feb. 18th, Sun. Feb. 26th, Sat. March 4th, Sat. March 18th, Sat. March 25th,
Sun. March 26th


(All weekend classes from 10am-4pm, except March. 18th which is 9am-6pm)

"With my fulltime job and other responsibilities, I was concerned about the early morning schedule and special diet recommendations. But in fact, I became more focused, balanced, and rested in my body, mind and soul"
-Rose, Nonprofit Associate Director

Tuition for Six Week Intensive: \$825; Alumni \$525; Nominal materials fee in addition. Nonrefundable \$200 deposit due Feb. 3rd. Payment in full by check or credit card due Feb. 10th. (Payment plan available if needed.)



To register contact Dr. Khalsa:
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Location: **dæp** Yoga Studio
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