



# **Kundalini Yoga**

## **“Opening & Balancing Your Chakras”**

**Sundays, Oct. 11<sup>th</sup> - Nov.15th**

**4:00 – 5:30 PM**

Kundalini Yoga is an ancient technology that combines breath, postures, mantra and meditation. This simple, yet challenging yoga makes you physically stronger, works on all systems within the body, increases flexibility, quiets your mind and lifts your spirit. And it's fun!

During this special 6 week course, you will learn the qualities associated with each chakra and techniques to open and balance them through the practice of Kundalini Yoga. Every student will receive a chakra chart covering information discussed throughout the course.

This class is suitable for all levels.

Class Fee: \$60.00 for six classes  
Pre-registration is required.

Mary Mullin is a certified IKYTA Level I Kundalini teacher. To register or if you have any questions about Kundalini Yoga contact Mary at 774-313-9412. Additional information about Kundalini Yoga can be found by visiting [www.kundaliniyogaoncapecod.com](http://www.kundaliniyogaoncapecod.com).

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