



The Technology for Prosperity & Abundance

Sunday May 25th, June 1st, June 8th, June 15th

9:30am-11:00am *All Levels, No experience needed.*

The regularly scheduled Kundalini Yoga class will feature yoga and meditation as a “Technology for Prosperity and Abundance”. With a combination of setting intentions, vision building, gratitude, physical preparation and meditation—ANYONE can increase the flow of prosperity into their life. It can be in the form of wealth, health, time, material goods, education, career, relationships, traveling, recreation and/or creativity.

We will build our set of tools for 4 Sundays in a row—receiving information on prosperity, “take home” kriyas (a set of simple postures, breath-work and mudras that prepare the body physically, mentally, emotionally and energetically) and meditations designed to help you to receive the prosperity and abundance that awaits you!

You will have the opportunity to experience and discover the combination that works best for you! The tools provided have been used successfully by many fulfilled and wealthy yogi's throughout the world—Just show up, enjoy and experience your own abundance now! You may choose to participate in one or all of the classes.

Regular class fee applies.