

KUNDALINI YOGA

**This class may also fulfill requirements for Massage Therapy continuing education as
Yoga for Massage Therapists (6 hours)*

Kundalini Yoga is referred to as the yoga of awareness. A typical class includes stretching, seated postures, breathing exercises and meditation. Regular yoga practice can have the effect of lowering blood pressure, easing depression and anxiety, reducing headaches and much more. Enjoy this class in a safe and cozy environment. Try this sample series **Mondays 10-11:30 AM or 7-8:30 PM** starting **November 2, 2009 thru November 23, 2009**.

(classes may be continued if there is a demand)

Investment in your Bliss: \$60

Beginners & Advanced welcome.

3919 West Creek Club Drive, Missouri City, 77459

Please call Charlene @ 281-261-9591 for more info and/or directions.

The Instructor: Charlene has been teaching yoga since 1986 and is certified at the 500 hour level by the Yoga Alliance.