



# *The Most Sacred and Secret Asanas and Meditations of Kundalini*

Saturday, April 3rd  
11:00 AM - 1:30 PM

Yoga at the Ashram

368 Village Street, Millis, MA 02054  
508-376-4525

\$35 Pre-registered by March 27th  
\$45 thereafter



Guruatma Singh Khalsa, will be sharing some of the most sacred and secret exercises of Kundalini Yoga. You will learn several sets that allow you to balance your chakras, organize yourself and be happy. Learn how to develop the *8 Limbs of Yoga* in each of these yoga sets. Experience in yoga is welcomed but not necessary. Bring a notebook.



Guruatma Khalsa, M.ed.,D.Ay., ERYT 500, is an international teacher who has been teaching for 30 years. He began his teaching career in the 70's instructing Hatha Yoga and began to focus on teaching primarily Kundalini Yoga in the early 80's. He has been a stress management consultant at Tuft University Graduate School where he has been teaching yoga and meditation classes for the past 14 years. He is a Reiki Master/Teacher, a Wellness Coach and Co-Director of Franklin Yoga and Wellness Center.