



# Daily Classes Summer Schedule Beginning June 8th

<b>Monday</b>		
7:30 PM	Kundalini Yoga	Jai Kaur
<b>Tuesday</b>		
6:00 PM	Gentle Kundalini Yoga	Jot Kaur
7:30 PM	Kundalini Yoga Video Class	Manjit Kaur
<b>Wednesday</b>		
7:30 PM	Self Healing with Kundalini Yoga	Guru Jiwan Singh
<b>Thursday</b>		
7:30 PM	Kundalini Yoga for All	Guruatma Singh
<b>Saturday</b>		
8:15 AM	Summer Saturday's on the Lawn*	Varied

\$15 Drop-in or 8-class pass for \$88

\*Summer Saturday's on the Lawn are a series of healthy mind-body exercises that run over the course of the summer. Classes will vary from week to week, please check our web site [www.kundaliniyogane.com](http://www.kundaliniyogane.com) for a schedule. Classes will be held on the Ashram front lawn, in the event of bad weather we will move the class into the Baba Siri Chand Yoga Center Studio. Summer Saturday's are donation based, suggested donation \$10.

