



## Daily Classes 2007

### January 8th—March 29th

#### **Monday**

9:30—11:00 AM	Yoga for Abundance & Joy	Sarab Sarang Kaur
6:00—7:15 PM	Stretch & Strengthen Yoga	Alaine Amaral (Rai Kaur)
7:30—8:45 PM	Yoga & Meditation	Guru Jiwan Singh

#### **Tuesday**

9:30—11:00 AM	Gentle Yoga & Meditation	Jot Kaur (Sandy Faist)
6:00—7:15 PM	Gentle Yoga & Meditation	Jot Kaur (Sandy Faist)
7:30—8:45 PM	Yoga for Health & Happiness	Manjit Kaur

#### **Wednesday**

9:30—11:00 AM	Yogic Healing	Siri Tapa Kaur
7:00—8:30 PM	Yoga with Music & Stories From the Sikh Tradition	Siri Sevak Kaur

#### **Thursday**

4:00—4:45 PM	Mom & Me Yoga	Siri Krishna Kaur
7:30—8:45 PM	Kundalini Yoga for All	Guruatma Singh

#### **Sunday**

7:00—8:30 PM	Kundalini Yoga Workout	Guruatma Kaur
--------------	------------------------	---------------

**All classes are in the tradition of Kundalini Yoga as taught by Yogi Bhajan.**

10 Week Class Card \$100

Drop-in \$15.00

**508-376-4525**

**[www.kundaliniyogane.com](http://www.kundaliniyogane.com)**

**[info@kundaliniyogane.com](mailto:info@kundaliniyogane.com)**