



INTRODUCTION TO

# Kundalini Yoga

A 2 PART FOUNDATIONS WORKSHOP

A gentle discovery into this powerful practice

Perfect if you're curious but unsure where to start

Explore Breath, Movement & Mantra Meditation

Saturday 11:30 - 13:30

7<sup>th</sup> & 21<sup>st</sup> March

£20 each or both for £35

*With Jenna*



**Course attendees receive £5 off their first 60 minute class**