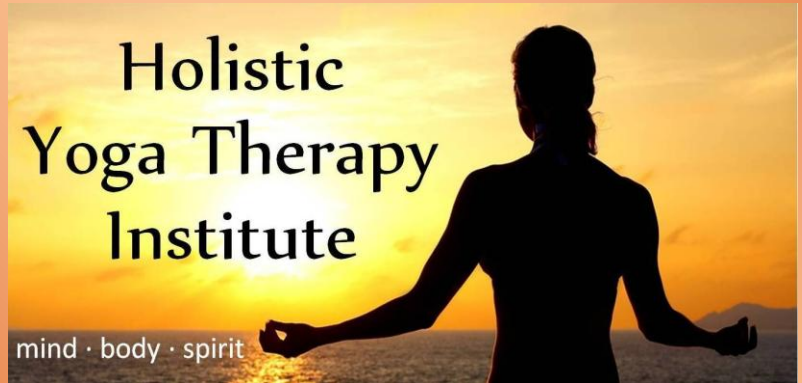


Kundalini Yoga Immersion



Asana & Philosophy With Sierra Hollister

Certified Kundalini Instructor KRI, E-RYT

Kundilini Yoga with Sierra Hollister

Dates: Fri Dec 6 - Sun Dec 8

Times: 6 pm - 9 pm Friday
8 am - 5 pm Sat & Sun

Cost: \$275 thru Nov 30
\$325 After

Where: Hosted in Charlotte, NC
Available via Skype from
Chattanooga, TN

Info: www.yogaclub.us

22 Hrs YA CEC's or towards your
200 HR, 500 HR, or Therapeutic
Yoga Teaching Certifications.
RYS, IAYT.

Kundalini with Sierra Hollister

- * History & Philosophy of Kundalini Yoga
- * Experience the beauty & power of one of the oldest systems of Yoga
- * Explore all foundational pranayamas, asanas, kriyas, meditations, mantras, bandhas, mudras & relaxation techniques
- * Explore the Chakra system, Ten Bodies, prana & nadis
- * Explore Humanology, Yogic Lifestyle, & Yogic Diet
- * Kundalini ~ considered the "master science of experience & awareness"