

■ ■ ■ ■ ■ ■ YOGACENTRALEN
SPRING WORKSHOP
KUNDALINI YOGA
SAUTERDAY 3. MAY 2014

Welcome to I Am A Woman Yoga Spring Workshop!!

Saturday 3. May 2014 from 13.00-16.30.

After appetizers from 16.30-17.30. Spring price 4 punches...

This 3 ½ hours "Happy Kundalini Yoga Workout"
will be a colourful celebration of you woman!!

It will contain powerful, happy, energetic, physically, mentally and beauty Kriyas and Meditations. This will both support and reinforce you in your female qualities and also to: "Withstand the pressure of time" - A full-tune of your nervous system, detoxing your body, gives you strength to choose excellence at the moment you need it. Also enchantingly and keep your body and mind beautiful. Join and get ready to jump into Spring Time in full blossom, feminine glow and with radiance.

"Add to that radiance our smile and nothing can defeat us."

Dresscode: This is not a must, but I invite you to come "Yoga Dressed" in pure white or colourful clothing. To make this an extra excellent celebration of women's numerous qualities. **Appetizers after workshop:** We will finish of in style with colourful appetizers. Let's chill out, get cosy and mingle in female interaction.

*"A Womans Beauty
Comes From Within."
Yogi Bhajan*



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