

■ ■ ■ ■ ■ ■ YOGACENTRALEN  
AUTUMN WORKSHOP  
KUNDALINI YOGA  
GONG FOR YOUR HEART  
SATURDAY 6. Sept. 2014

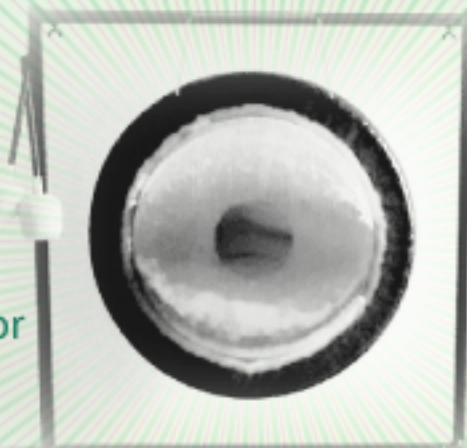


**Welcome to I Am A Woman Yoga Autumn Workshop For All.  
Saturday 6. September 2014 from 15.00-18.00. Price 4 punches/395 kr.**

I am happy to invite you to 3 hours Happy Kundalini Yoga and Gong for Your Heart. This will bring you home into your heart with a smile on your face. My wonderful colleague Birgitte Hyldgaard and I will give you a fabulous Kundalini Yoga and Gong Treatment. You will be guided through a strong, powerful and physical warm up and Kriya to open up to your heart, attract prosperity and opportunities. This will prepare you for the Heart Meditation which brings you healing, softness, balance, energy flow, transformation and lots of radiance. Gong sound will support the meditation for profound effect - brought by Gong Yoga Teacher Birgitte Hyldgaard. The Gong works on all levels to heal and transform. From the purely physical to the emotional and spiritual. The sound of the Gong can promote a positive change in you.  
**Dresscode:** This is not a must, but we invite you to come "Yoga Dressed" in pure white, shades of green or pink.



**Birgitte Hyldgaard:**  
Kundalini Yoga instructor  
Gong Yoga Teacher



**I AM A WOMAN by  
Mette Tost**  
Kundalini Yoga instructor  
Breathwalk instructor

*Both Birgitte and I cant wait to meet you all.  
Lets GONG it... ♥*



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website: [www.iamawomanyoga.com](http://www.iamawomanyoga.com)