

Fall Kundalini Yoga in Swansea



Experience the bliss of this unique and transformative yoga! Learn new ways to dissolve stress and pain from the body, increase energy levels and discover the stillness of your mind and heart with the ancient yoga practices of Kundalini Yoga, as taught by Yogi Bhajan.

This 6 week series will introduce you to breathing techniques to improve relaxation and strengthen your immune system, postures to balance the emotions and improve overall strength and flexibility. All levels welcome (no previous experience necessary). Please bring a mat, water and wear loose comfortable clothing. Commit to your health and happiness this fall!

Swansea Town Hall Community Center: 95 Lavinia Ave. Toronto M6S 3H9

Dates: Session 1, **October 5- Nov 9th**, Wednesdays, 7-8:15 pm, 6 wks, \$85 +hst
Session 2, **Nov 16- Dec 14th**, Wednesdays, 7-8:15 pm, 5 weeks, \$70 +hst
Both sessions- \$145 + hst. Drop in rate \$17/class.

Teacher: Lesley Hadrill, KRI instructor, Member of KYWHA (Kundalini Yoga Wellness and Health Assoc.), Toronto Kundalini Teachers Association; specializing in yoga programs for seasonal detox, anxiety/ depression and breast cancer prevention, resident of Swansea for 18 years.

Register to reserve your spot! 416-760-9582, or email lesleyhadrill@sympatico.ca

Hope to see you there