



# Kundalini Yoga

with Fiona

Mondays 6.15pm

Thursdays 3.00pm

## What is Kundalini Yoga?

A comprehensive yoga technology of exercises, breathing, meditation and mantras introduced to the west by Yogi Bhajan as 'the mother of all yogas'. It encompasses the eight limbs of yoga into a singular sacred science of yoga.

Kundalini Yoga is also known as the Yoga of Awareness. Its focus is on self-awareness. Through this practice you will awaken the full potential of your human awareness. Clear any inner duality, create the power to deeply listen, cultivate inner stillness, prosper and deliver excellence in all that you do. Learn to be at your best.

## What are the benefits of Kundalini Yoga?

The practice of Kundalini Yoga balances the glandular system, strengthens the nervous system, and enables us to harness the energy of the mind and the emotions, given us the freedom to act not react emotionally.