



KUNDALINI YOGA & BODY SHAPING

**Tuesdays
6.30pm
with Uta**

FEEL DE-LIGHTED and learn effective techniques to lose extra weight, Discover secrets for a healthier living. There is more to the extra weight you carry around than simply calories. This Yoga class promotes elimination and will support you to overcome food cravings and the stress that weighs you down.

Your inner light(ness) will increase your vitality, health and give you more capacity for self-love and self-acceptance. Become more You – more centered, clear, calm, and joyful by aligning with your inner light.

Classes include breathing exercises, kriyas (a set of yoga postures and meditations) chanting and hand postures that elevate the spirit, calm the mind, strengthen the body.