

Kundalini Yoga

as taught by Yogi Bhajan

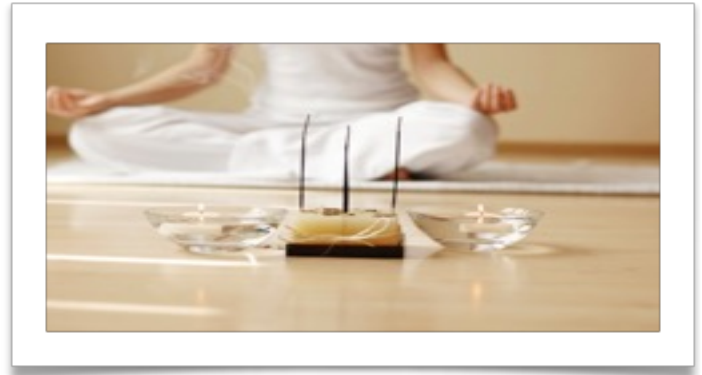
Presented by: Cher Mang - RN, RMT

Date: Every Wednesday

Time: 8:00 AM - 9:30 AM

Place: **Neighborhood Congregational Church**
340 St. Ann's Drive, Laguna Beach, CA 92651

Price: Donations Welcome to Support the Church



Kundalini Yoga (as taught by Yogi Bhajan)

A dynamic blend of postures, breathing, mantra, music & meditation, which teach you the art of relaxation, self-healing & elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.

Benefits include increased vitality, experience greater joy, stimulate creativity, connect to your soul, maximize healing powers, enjoy greater stamina & flexibility, increase mental energy & focus and strengthen immune, nervous & glandular system.

Please dress in comfortable, loose clothing and bring a yoga mat, cushion and blanket. Please no cologne as some people are sensitive and arrive 5-10 minutes before class start time.

For Questions/Details contact Cher at (949) 244-0718, Cher@TheHealingPeacePlace.com, visit her website www.TheHealingPeacePlace.com (or) call Kristen Purll at NCC (949) 494-8061.

Cher is a practitioner of the Healing Arts, a KRI Certified Instructor of Kundalini Yoga as Taught by Yogi Bhajan and a Reiki Master Teacher. In addition, she has practiced yoga for over 20 years and several years ago she became acquainted with the ancient instrument, the Gong. Cher also spent 37 years working in the health field as a registered nurse, which has given her a deep sense of compassion & connection to the human spirit. Her desire now is to help others connect with the Divine being that they truly are so that they may live their life in truth, light & love. Cher accomplishes this through her passion to serve the universe as a teacher of Kundalini Yoga, sharing the vibrations of the sacred Gong, and working with the healing energies of Reiki.