

# 8 WEEK CLASS SERIES

kundalini  
**YOGA**  
& meditation  
for **PTSD,**  
**Anxiety, Stress**  
and **Trauma**

Restore balance

Release stored trauma

Engage the body and mind  
to heal and self regulate

Feel peace



**Must pre-register ~ This class is not drop-in based.**

**\$108 (plus tax \$116.10) by Sept. 3 or \$120 (plus tax \$129) after Sept. 3**

**Mondays, September 11 - October 30, 2017**

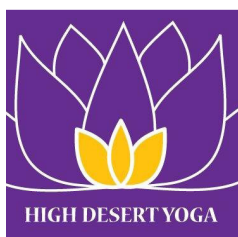
**7:30-8:30pm**

**Register at [www.highdesertyoga.com](http://www.highdesertyoga.com) or walk-in**

Taught by Yoga Teachers certified in teaching trauma informed yoga

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