

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 November 1 or \$120 (plus tax \$129) after November 1

Thursdays, November 9, 2017-January 11, 2018

6:00-7:00 pm

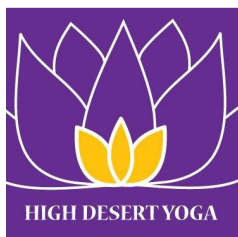
(no class November 23 or December 21)

Register at www.highdesertyoga.com or walk-in

Taught by Yoga Teachers certified in teaching trauma-informed yoga

Deva Khalsa deva@devahealth.com

Pavanjoti Kaur (Elaine) elainek1@live.com



High Desert Yoga 4600 Copper Avenue NE
Albuquerque, New Mexico 87108

505-232-9642

yogainfo@highdesertyoga.com