



KUNDALINI YOGA

is a system of yoga exercise and meditation that promotes health, happiness, and wholeness. It combines postures, movement, sound, breath and meditation. It is designed to provide you with the experience of your highest consciousness through the raising of your Kundalini.



Kundalini Yoga

& Ayurveda

with Deva



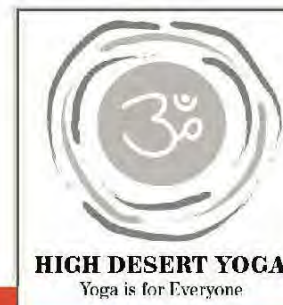
TUESDAYS 8:15am–9:30am

Deva Khalsa teaches Kundalini Yoga with Ayurvedic principles woven throughout the class. Ayurveda is a 5000-year-old science of life that, together with yoga, helps students reconnect to their true nature. Together Kundalini Yoga and Ayurveda encompass a complete approach to wellness of the body, mind and spirit.

Deva has been teaching Kundalini Yoga since 1992 and brings her warm spirit and fun nature into the class. She studied personally with Yogi Bhajan for many years in Española, NM. She is an Ayurvedic Health Practitioner and a Kundalini Yoga Teacher Trainer.

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HIGH DESERT YOGA
Yoga is for Everyone

LOCATION

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