



# Art & Yoga

## Kundalini Awakening in Everyday Life!

Sunday, January 22  
1pm to 4:30pm

\$30 in advance • \$35 at the door

Make **Art & Yoga** complementary practices, even if you don't know how to draw, paint, meditate, or do yoga! Hari Kirin, author of *Art and Yoga*, creates exercises that integrate the two practices to inspire you on both creative and physical levels. Teachers and healers will find ways to help deepen their professional practice.

*"Art & Yoga is a beautiful, clear and useful book. It presents an accessible practice of yoga and art for healing oneself and ones community."*

*-Deepak Chopra*



Hari Kirin  
Author of Art & Yoga



# YOGA VILLAGE

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