



# Kundalini Yoga

## Spirit in Blossom

Weekend Workshops with Ana Brett & Ravi Singh



Sat. 10 a.m. - 12:30 p.m.

• Spiral Fire

Sat. 2:30 p.m. - 5 p.m.

• Move Your Energy Move Your Life

Sun. 10:30 a.m. - 12:30 p.m.

• A New Journey thru the Chakras

Apr. 21 - 22

YogaSoul

Eagan, MN

Entire Weekend: \$145 / individual sessions \$50: Register Early SPACE LIMITED!

Join Ana & Ravi Friday night 6:30 - 8 p.m. for a Special Session: Yoga Cleanse Lighten Up & Purify

Kundalini Yoga is known for its comprehensive benefits of self-healing, inspiration, self-growth, and Spiritual awakening. It's the energy of life itself. In this workshop we will spark Spirit, regenerate, celebrate, and blossom! Experience a comprehensive physical / metaphysical workout! Expand your range of movement physically, mentally, and beyond. These sessions are not only a great initial foray into Kundalini Yoga for newbies, but long time practitioners will also gain new insights and methods. Share in a powerful group energy and fill your life with strength, success, and Spirit! 70% physical / 30% Meditative. ALL LEVELS WELCOME

With 40+ years combined teaching experience, internationally celebrated yoga Teachers, Ana Brett & Ravi Singh, are known for their masterful DVD presentations, innovative teaching style, and for helping students make consistent and dramatic breakthroughs in their lives.

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