



Kundalini Yoga

Life in the Vast Lane!™

Weekend Workshops with Ana Brett & Ravi Singh

ALL
LEVELS
WELCOME!



Oct. 12 - 14
YogaSoul
Eagan, MN

Fri. 6:30 p.m. - 8 p.m. NAVEL POWER - Indispensable ingredient for a life well lived
Sat. 10 a.m. - Noon. SOLAR POWER - Crossing over to an Open Heart.
Sat. 2:30 p.m. - 4:30 p.m. WARRIOR WORKOUT - Greatness unlimited!
Sun. 10:30 a.m. - 12:30 p.m. THE SOUL SWAN'S JOURNEY - Creative Meditation

Entire Weekend: \$129 (Fri. \$35 / Sat., Sun. \$45) Register **NOW** SPACE LIMITED!

Kundalini Yoga is known for it's 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!
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.

@ YogaSoul, Eagan, MN,

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Friday 6:30 - 8:00 p.m. Navel Power: The Indispensable Ingredient for A Life Well Lived

The Navel Center or Manipura Chakra supplies energy which underwrites the process of our unfolding. In Ana & Ravi's combined four decade experience as Teachers, they've seen that navel power is the missing ingredient in many people's halting attempts to transform. The focus of this class will be to activate this vital center to imbue your life with strength, purpose, and the power to self-determine. This will constitute an empowerment for every aspect of your life. Experience an invigorating Kundalini Yoga workout and special Meditations to send you soaring into the ethers with glad wings! 80% physical, 20% percent meditative. (ALL LEVELS!)

Saturday 10 a.m. - Noon: Solar Power: Crossing Over to an Open Heart

Be flexible and free! Shine like the sun, energize, stretch, and transform your life! Experience an all-in-one Kundalini Yoga workout and turn fear into Love! Solar Power features techniques which target the all-important solar plexus, known as the Moving Center, for balance on all levels, energy, and the ability to open yourself to fulfillment and live in the rhythm and flow of life. Ana and Ravi present the best of the ancient and new: Kundalini Yoga's Spiritual depth and knowledge of body and mind, with the newest innovations in body mechanics and effective fitness. Whether you're a Kundalini Yoga newbie or expert, this is the yoga experience you've been waiting for! Energetically, crossing the chasm of the solar plexus is the journey of a lifetime. It takes us from the mundane to the magical, from the calculus of gain/loss to one of super abundance and the loving recognition of the ever-expanding you. 80% physical / 20% meditative. (ALL LEVELS).

Saturday 2:30 – 4:30 p.m. Warrior Workout: Greatness Unlimited!

Are you ready for a breakthrough? Some people spend their lives procrastinating over, or running away from, the tests they need to take, to overcome their limitations and grow. We don't need necessarily need to join the French Foreign Legion or the Marines to prove ourselves. The true battlefield for the Warrior/Yogi is an internal one. Sir Edmund Hillary said, "It's not the mountain we conquer, but ourselves." The ultimate test is inside of us. Join us in this energetic kriya to develop a Warrior's spirit and the heart of a lion. This set is designed to help you to eliminate toxins, improve circulation, and foster aerobic benefits. Most of all it's to help us become Warriors in our own lives. Get set to sweat and go for the gold! 80% physical / 20% meditative. (Don't let the title intimidate you. THIS SESSION IS FOR ALL LEVELS! MODIFICATIONS WILL BE GIVEN FOR EACH EXERCISE SO THAT EVERYONE CAN ALWAYS PARTICIPATE)

Sunday 10:30 a.m. - 12:30 p.m. The Soul Swan's Journey: Creative Meditation

The Meditation practices in Kundalini Yoga represent a miraculous technology which you can use to stay balanced, healthy, and inspired. Life, as we all know, sometimes doesn't quite make sense unless we can access our inner dimension to experience the beautiful potential of ourselves and the world. Our minds have no limits but we have to train our minds with the focus and discipline for which they yearn. This session will feature powerful and profound Meditation techniques which you can use to clarify and beautify your life. In this workshop we'll learn to meditate using both sides of our brains simultaneously. Focused attention to detail and proper execution will bring the left brain into action. Personalizing our practice and using our creativity to provide meaning and depth will stimulate the right brain. The result will be a beautiful balance. This session will be 30% physical and 70% meditative. (FOR ALL LEVELS)