

ana brett ravi singh

Kundalini Yoga

Yoga Cleanse: Lighten Up & Purify!

Fri. Apr. 20th @ Yoga Soul

1121 Town Centre Dr.
Suite 100
Eagan, MN

6:30 - 8 p.m. \$35
(all levels welcome)

register: 651.452.5789
www.yogasoul-center.com

JOIN ANA & RAVI FOR ADDITIONAL
WORKSHOPS 4/21 - 22

Ana & Ravi say: "If you love your liver you'll determine to a large extent how we feel, tant, oxidative stress, and unresolved overtaxed, even in spite of a healthy life-ture a graceful yet powerful Kundalini session will also feature a bliss ful Medit-mentally, emotionally, and Spiritually!

be a longer liver!" The health of our livers look, & think! Due to environmental pollu-negative emotions, most people's livers are style. The Yoga Cleanse workshop will fea-Yoga set to purify and regenerate. This ation to arrive at a high level of purity, 85% physical/15% meditative. All Levels.

Expand the horizons of your yoga / healing journey, expand your repertoire,
and infuse your life with Strength, Success and Spirit!



Ana Brett and Ravi Singh have authored 22 DVD's and books. They've trained 300+ Kundalini Yoga Teachers. "Our primary objective", say Ana & Ravi, "is to help people learn to live a healthy and happy, more peaceful life that continues to challenge them to grow. They teach a system of exercise, meditation, and living that fully integrates the body, mind, and spirit." Their approach is powerful, inspiring, moving, and fun! [for more info on Ana & Ravi: www.raviana.com](http://www.raviana.com)