



# Community Yoga: Intro to: Trauma Informed Kundalini Yoga

**w/ Amy S**

proceeds: to assist the pandemic in India

Saturday 5/22/2020

3:00 - 5:00 PM

\$25.00



\*\*Are you in need of nourishment? Silly question. This intro to Kundalini workshop might be the perfect way to start you down that path. I am an all time lover of Yoga: any kind, anywhere, anytime and look forward to sharing this powerful practice with you. This offering will be delivered in the hope of adding more love to the world. This is simply another road to explore and my hope is that you will step in.

\*\*\*I invite seven people to spend 2 hours with me live (unlimited Zoom).

In brief we will: center together, establish the space, tuning in-Sat Nam, (Honoring the teacher within), a short introduction of Kundalini (Kriya vs exercise), tuning in-Golden Chain, introduction to Breath of Fire or Long Slow Deep Breathing, followed by movement, and concluded with a meditation