

Complete Workout for Body and Mind: Kundalini Yoga with Natalie Holst



Kundalini is a challenging form of yoga that combines sequenced posture with rhythmic movement, breath technique, mantra and meditation to develop strength and stamina.



During this day-long workshop we will specifically target the main systems of the body including the...



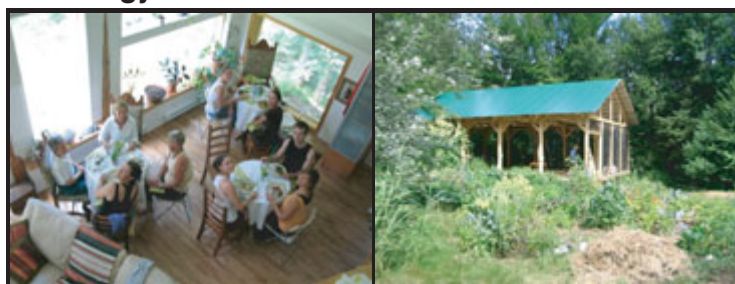
Lymphatic
Respiratory
Circulatory
Nervous
Endocrine
Digestive

**When: Saturday November 1st, 2008
from 9:00 am to 5:00 pm**

**Where: At the beautiful Adishesha Retreat Zone,
hosted by Basia Going.**

Cost: \$100.00 (Minimum number of participants required)

Price includes a homemade, delicious, nutritious vegetarian lunch, manual, and yogi tea and cookies for energy for the ride home.



For more information or registration, please visit:
www.adishesha.com or www.yogamakesmehappy.com
Contact Natalie directly at: (613) 521-0298

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happy :)