KUNDALINI YOGA & GUIDED RELAXATION @ NORTHERN

FOR BEGINNERS!

TUESDAYS 3:30pm

In this beginners course we will use basic yogic techniques for the purpose of improving the relationship between the body, mind, and breath. The goals for the course are to give participants permission to take time out for self care, to calm the mind, activate the heart, and restore the nervous system. Both men and women are welcome, along with anyone in between.

STAFF & FACULTY: THIS IS A GREAT OPPORTUNITY TO TAKE ADVANTAGE OF YOUR WELLNESS TIME!

SUGGESTED DONATION $3-$5
DATES FEB. 4 - MAY 12
DAY TUESDAYS
TIME 3:30 - 4:45 PM
WHERE VETERANS CTR (NEXT TO EVENT CTR), ADMIN BUILDING
INSTRUCTOR RAMKRISHAN

FOR MORE INFO, OR TO REGISTER:
Cecilia Romero (505) 747-5477
RamKrishan (505) 946-8669