



Gentle Kundalini Flow |

New on the weekly schedule!
Sundays, 11 – 12 noon
Starts March 3rd

Kundalini Yoga is a wellness toolkit for the technology age

Kundalini Yoga is a comprehensive and dynamic practice with a vast array of practical and simple tools to enhance and promote health. This practice is open to all levels, even if you've never practiced yoga. Each class will be unique, including breath work, warm ups, an exercise set (called a Kriya) and meditation (and maybe some chanting and singing!). Your immune system will get a boost and your nervous system a mini tune up!

You'll leave the practice feeling relaxed, refreshed and strong in your body and mind.

This practice will help raise your awareness and cultivate a shift in your physical and emotional well being. Look forward to the finish with a beautiful and grounding crystal bowl Savasana.



Michele has always felt passionate about health and wellness. Her yoga practice began as a compliment to her strength and endurance training. However the more she practiced yoga, the more she loved it. She felt strong and flexible and also yoga brought her back to stillness and balance. Yoga offered her a sanctuary. She recently completed her 200-hour Yoga Teacher Training program that included Kundalini Yoga. She feels humbled to share her love of yoga with others.

COST: Yoga Class Card