

Kundalini Yoga for Health and Vitality

Cascade Shores Firehouse Community Room

Mondays 6:30-7:45 pm

Tuesdays 9:30 am

taught by Colleen O'Rourke

suggested donation: \$5.00-\$10.00

Beginners welcome!

*Practice Powerful and energetic
yoga sets through the
ancient art and science of Kundalini Yoga!*

*Unify body, mind and spirit through this comprehensive
system that is suitable for all fitness levels!*

Energizing yoga postures!

Centering meditations!

Deep relaxation!

*Contact Colleen at 264-6407 with any questions
or just drop by!*