

8 WEEK CLASS SERIES

kundalini
YOGA
& meditation
for **PTSD,**
Anxiety, Stress
and **Trauma**

Restore balance

Release stored trauma

Engage the body and mind
to heal and self regulate

Feel peace



Must pre-register ~ This class is not drop-in based

\$95 (plus tax \$101.95) by July 4 or **\$108** (plus tax \$115.90) after July 4

Mondays, July 10 - August 28, 2017

7:30-8:30pm

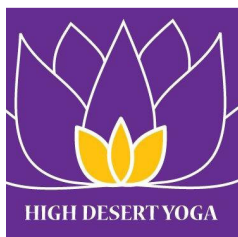
Register at www.highdesertyoga.com or walk-in

After this series we will continue with a Yoga Nidra Class (drop-in) on Mondays at 7:30pm

Taught by Yoga Teachers certified in teaching trauma informed yoga

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