

What is Kundalini Yoga?

"Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.

Men of great knowledge actually found out about the chakras – their workings, their petals, their sounds, their infinity, their co-relationship, their powers. They found that the life of a human is totally based on these chakras. This total science gave birth to Kundalini Yoga."
Yogi Bhajan, The Aquarian Teacher

Yoga Central Weekly Class Schedule

<i>Day</i>	<i>Starts</i>	<i>Ends</i>	<i>Instructor</i>
Monday morning	6:00am	7:00am	Guruatma
Monday evening	6:00pm	7:00pm	Mikhail
Tuesday morning	6:00am	7:00am	Guruatma
Tuesday evening	6:00pm	7:30pm	Brittany
Wednesday morning	6:00am	7:00am	Guruatma
Wednesday evening	6:00pm	7:00pm	Mikhail
Wednesday evening	7:30pm	8:30pm	Sat Siri
Thursday morning	6:00am	7:00am	Guruatma
Thursday evening	6:00pm	7:00pm	Sat Kartar (Sculptor)
Friday morning	6:00am	7:00am	Guruatma
			<i>(no Friday evening class)</i>
Saturday morning	6:30am	7:30am	Guruatma
Saturday morning	8:30am	9:30am	Sat Kartar (Tx L Acupuncturist)
Sunday morning	8:30am	9:30am	Sat Kartar (Tx L Acupuncturist)

All classes are \$10

All levels accommodated

For more information call 713-526-4175

**Yoga Central
1123 Jackson Boulevard
Houston, Texas 77006**