

Yoga Central Weekly Class Schedule

**Experience the healing and transformational powers of Kundalini Yoga.
Awaken your creative potential.**

Day	Class	Starts	Ends	Instructor
Monday AM	Yoga & Meditation	6:00am	7:00am	Guruatma
Monday PM	Yoga & Meditation	6:00pm	7:00pm	Brittany
Tuesday AM	Yoga & Meditation	6:00am	7:00am	Guruatma
Tuesday PM	Yoga & Meditation	6:00pm	7:00pm	Sylvia
Wednesday AM	Yoga & Meditation	6:00am	7:00am	Guruatma
Wednesday PM	Yoga & Meditation	6:00pm	7:00pm	Mikhail
Wednesday AM	Yoga & Meditation	7:30pm	8:30pm	Sat Siri
Thursday AM	Yoga & Meditation	6:00am	7:00am	Guruatma
Thursday PM	Yoga & Gong Meditation	6:00pm	7:00pm	Sat Kartar (Sculptor)
Friday AM	Yoga & Meditation	6:00am	7:00am	Guruatma
Friday evening	Yoga & Meditation	6:30pm	7:30pm	Brittany
Saturday	Yoga & Meditation	6:30am	7:30am	Guruatma
Saturday	Yoga & Meditation	8:30am	9:30am	Sat Kartar (L.Ac.)
Sunday	Yoga & Meditation	8:30am	9:30am	Sat Kartar (L.Ac.)

**All classes are \$10
All levels accommodated**

What is Kundalini Yoga?

Kundalini Yoga is a potent and effective system of self-transformational and personal development. Kundalini Yoga stimulates individual growth through systemic techniques, which strengthen the nervous system, balance the glandular system, and align the chakras, for increased stability and vitality. Kundalini Yoga encompasses and draws from all yogic systems and techniques. Meditation improves mental concentration, sharpens awareness, develops intuition and gives direct experience of consciousness. Our ongoing yoga classes take the students through exercise sets which incorporate breathing and work on all systems of the body, followed by meditation and deep relaxation.

Sat Nam Rasayan

Sat Nam Rasayan is a traditional healing art, using only the awareness to heal, enables the practitioner to correct one's own or others mental or physical imbalances, to get away from unwanted emotional states, to avoid future unfavorable tendencies, and to create favorable conditions for improving one's life. Sat Nam Rasayan benefits the practitioner with increased tolerance and flexibility in their daily lives.

Monthly Saturday Classes, \$35 per class
For more information call Hari Kirn 713-528-7345

For more information call 713-526-4175

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