

# ***Kundalini Yoga from the Heart***

**at Yoga Central**

**Tuesday evenings in February  
Feb 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> from 6:00pm-7:15pm**



***When February rolls around, we think of Valentine's Day, love and relationships ... Seems like the perfect time to work on the most important relationship of all—the relationship with your Self.***

***On Tuesday evenings in February, we will focus on the heart chakra... and opening the flow of compassion, kindness, forgiveness and love... toward ourselves as well as others, resulting in healing our heart on a physical, emotional, spiritual and energetic level.***

***Kundalini Yoga's ability to reduce stress is a major contributor to its heart health benefits, resulting in lower blood pressure, a calm nervous system, deep, restful sleep, peaceful thoughts, and an attitude of stillness and acceptance.***

***All classes include yoga, meditation, and relaxation to the healing sound of the gong. Attend one, some or all classes in the series.***

***\$10 per class***

***For questions please contact: Sylvia Valerio Phone: 281-248-1438  
Email: [sylvia1111@aol.com](mailto:sylvia1111@aol.com) or [yogacentralhouston@gmail.com](mailto:yogacentralhouston@gmail.com)***

***"Amid the swirling, confusing, unfocused energies of the modern world, there is a light, a calm and a healing in the center of all things." ~ Yogi Bhanjan***