

## **Yoga Central Weekly Class Schedule**

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

<b>Day</b>	<b>Class</b>	<b>Starts</b>	<b>Ends</b>	<b>Instructor</b>
Monday <b>AM</b>	Yoga & Meditation	6:00am	7:00am	Guruatma
Tuesday <b>AM</b>	Yoga & Meditation	6:00am	7:00am	Guruatma
Tuesday <b>PM</b>	Yoga, Meditation & Gong	6:30pm	7:45pm	Sylvia
Wednesday <b>AM</b>	Yoga & Meditation	6:00am	7:00am	Guruatma
Wednesday <b>PM</b>	Yoga & Meditation	7:30pm	8:30pm	Sat Siri
Thursday <b>AM</b>	Yoga & Meditation	6:00am	7:00am	Guruatma
Friday <b>AM</b>	Yoga & Meditation	6:00am	7:00am	Guruatma
Saturday <b>AM</b>	Yoga & Gong Meditation	6:30am	7:45am	Guruatma & Sat Kartar (Sculptor)
Sunday <b>AM</b>	Yoga & Meditation	8:30am	9:30am	Sat Kartar (L.Ac.)

**\*\* Check website for latest updates <http://yogacentral-kundaliniyoga.org/>**

**Classes above 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.

#### **\*\* Weekly Events \*\***

##### **Early Morning Group Sadhana**

During the “ambrosial hours”, the 2 ½ hours just before sunrise, it’s easy to do mediation and concentrate before the hustle and bustle of the day. Japji, yoga, morning call and Aquarian mantras. Saturdays 4am-6am. See link on home page for details <http://yogacentral-kundaliniyoga.org/> or contact Pavan Dev at 832-863-6793.

#### **\*\* Monthly Events \*\***

##### **Sat Nam Rasayan Healing and Relaxation Classes**

**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. For more information, contact Hari Kirn 713-528-7345.

##### **Full Moon Healing Ring Meditations**

This meditation is used to generate and direct tremendous healing energy towards any person: a member of the circle, someone at a far distance, or someone located in the center of the circle. This meditation is about tapping into the energy of the moon, and the energy and power of a group. It’s about the power of intention and the power of prayer. It includes gentle yoga, meditation, and relaxation to the healing sound of the gong. Every full moon, see link on home page for details <http://yogacentral-kundaliniyoga.org/> or call Sylvia 281-248-1438 or email sylvia1111@aol.com

##### **New Moon Meditations**

The new moon is when the moon lies directly between the Earth and the Sun, making it almost invisible. This time represents a new cycle, beginnings and rebirth—a great time for setting intentions for what you want to attract into your life. It includes gentle yoga, meditation, and relaxation to the healing sound of the gong. Selected new moons, see link on home page for details <http://yogacentral-kundaliniyoga.org/> or call Sylvia 281-248-1438 or email sylvia1111@aol.com

**For more information go to our website <http://yogacentral-kundaliniyoga.org/>**

**Email [yogacentralhouston@gmail.com](mailto:yogacentralhouston@gmail.com) Phone: 713-528-7345 or 281-248-1438**

### **Yoga Central**

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