

Kundalini Yoga Winter Series
In the Oneto Room at UUCSC
Thursdays 5-6:30pm
January 25; February 15, 29; March 14, 28

Classes will incorporate breathwork, movement, mantra and meditation. Kundalini yoga is an ancient practice that focuses on moving the latent energy in our bodies to release what is stuck and align with our true nature. When we work with the energy using these techniques, we come into a more natural flow with the daily expectations of our lives.

No experience is necessary. Bring a yoga mat, blanket, any cushions you need to sit comfortably, and a water bottle.

Cost is \$15 Drop-in or \$72 for series. (cash or Venmo)

For questions or more info. email [Jessica. jessiegloor3@gmail.com](mailto:jessiegloor3@gmail.com)