

# In Light Yoga and Health

Ra Sekhi Kemetic Reiki



An Ancient Kemetic Healing System that uses the energy within to balance mind, body and spirit. The promotion of Ma'at is at foundation of the practice.

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*MutShat Shemsut-Gianprem Kaur*  
Ra Sekhi Kemetic Reiki Master, Teacher

## **Healing Session Energy Exchange**

*Reduce stress, purify and eliminate toxins, clear emotional blocks, ease physical pain, get clarity of mind, accelerate spiritual growth, cultivate ability to make positive life choices and changes*

### **1<sup>st</sup> Session--\$117**

The session includes consultation, aura cleansing, aritu/chakra scanning, aritu/chakra reading, aritu/chakra balancing, an emailed summary and "tools" you can use to work on releasing negativities of the past and present and a complimentary gemstone. A session may also include sound therapy, crystal therapy, aromatherapy doTerra or powerful Egyptian oil application. You will leave feeling relaxed, lighter, reenergized and refreshed.

### **2<sup>nd</sup> Session--\$90**

The session includes all of the preceding (except the gemstone) as well as a Kundalini Yoga lesson in which a meditation specific to your needs will be taught. You will get a copy of the meditation to practice at home.

### **3<sup>rd</sup> Session--\$54 (and for all subsequent sessions provided you have at least three sessions per year.)**

The session includes all of the preceding. An additional meditation may be given. Three to four consecutive visits are recommended.

*Note: The number of sessions needed varies according to how balanced or imbalanced your aritu/chakras are and how much work you put into your own healing in between sessions. The first session may be very insightful. However, at least three or four are recommended for maximum results and to pave the way toward successful self-healing.*

*Also Offered...*

**Couple's Ra Sekhi**—To strengthen the marital bond or other close, committed relationship

**Ra Sekhi Attunement**—Levels 1 and 2

Learn to heal yourself and others; become a Ra Sekhi practitioner at Level 2. Contact for more information.

**Ear Candling**—clear wax, assists with some sinus, headache, tinnitus issues

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**In Light Yoga and Health**

**3626 De Reimer Avenue**

**Bronx, NY 10466**

**Call for an appointment today**

**646-571-9500**

**inlightyoga81@verizon.net**

**www.inlightyogaandhealth.com**

# Kundalini Yoga and Meditation at In Light Yoga and Health



**It's Yoga for You!  
All ability levels welcome.**

**Expand your mind  
Take care of your body  
Lift your spirit**

**3626 De Reimer Avenue, Bronx NY 10466**

Kundalini Yoga as taught by Yogi Bhajan is called the yoga of awareness. It is a precise, conscious, sacred science and technology that combines breath, mudra (hand positions) eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand the lung capacity, and purify the blood—as well as give you a wonderful work-out that will leave you feeling better than when you came in.

Classes include breathwork, kriya (series of exercises), relaxation and meditation. All classes take place at In Light Yoga and Health, Bronx, NY. There will be an upcoming class in Harlem in October 2016.

## Schedule (You must RSVP)

<b>Wednesdays</b>	6:15PM to 7:45PM
<b>Thursdays</b>	6:15PM to 7:45PM
<b>Fridays</b>	6:15PM to 7:15 PM
<b>Saturdays</b>	11AM to 12:30PM; 2PM to 3PM (For teens and caregivers, RSVP )
<b>Sundays</b>	9AM to 10:30AM

Most classes are 90 minutes long .

## **Energy Exchange**

### **Yoga Classes and Cards**

Single Class \$15

3 Class Card \$35

6 Class Card \$72

10 class Card \$125

Private Classes \$72

CC, PayPal, Square accepted

### **Featuring!**

**Fridays—Medicine Meditation:** Includes Breath work, Mini-Lecture—Learn how to meditate and benefit from these meditations that address specific ailments while healing everyone. 6:15 to 7:15PM, \$10

**Saturdays—Until 9/24/15—Divine Feminine Drumming Circle** for Women and Girls, 4 to 6PM, \$10

## **In Light Yoga and Health**

**You must RSVP**

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**MutShat Shemsut-Gianprem Kaur  
Certified Kundalini Yoga Instructor**

**Come and do something good for yourself!**