

KUNDALINI YOGA



An Introduction to
Kundalini Yoga and Meditation
at Kriya Yoga
Fridays at 3pm- 4:30pm
Starting in January

Kundalini Yoga as taught by Yogi Bhajan
with KRI Certified Kundalini Teacher
Rebecca "Har Rai" Nagle
Trained with Gurmukh Kaur Khalsa

Relax and Renew in 2010!

- * Let go of fear and anxiety
- * Stimulate your SOUL-Open your heart
- * Let go of old patterns and habits
- * Fire up your metabolism
- * Raise your energy
- * Build your body & renew your mind



- * Rebalance your nervous system
- * Boost your immune system
- * Cleanse your liver, refresh your blood
- * Help the glandular system function

**Welcome Prosperity and
Abundance for the New Year**

Rebecca Nagle

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KRI Certified Kundalini Teacher

Super Health Addiction Trained

Sat Nam Rasayan Healer

Kriya Yoga Center

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