

# Kundalini Yoga & Meditation



*Tuesdays, 6-7:15pm*

beginning  
March 21, 2017

\$15/Class

At  
**WM Wellness**  
31 Auburn Street  
Auburn, MA 01501  
508-832-0768

Feel the magic of tapping into your own eternal flow of power. Kundalini Yoga, as taught by Yogi Bhajan, gives access to a personal experience of your highest consciousness.

You'll work with breath, movement, sound as mantra, and simple meditation. Within the class you will be able to initiate self-healing, strengthen your nervous system, manage your moods, balance your chakras and increase your strength and flexibility.

*"Actually, Kundalini Yoga means awareness. Awareness is a finite relationship with infinity. That's all it means. This dormant energy is in you. This awareness is sleeping so you only experience a limited part of your full capacity. When it can be extended to Infinity, you remain You! In that state, nothing is lacking. This is the basic human structure, the framework through which we have to function."*

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## with Kaye Pezzini, RYT 500

Kaye (formerly Kaye Khalsa) is a trained yoga Instructor with certifications in Kundalini Yoga, Brain Gym, Cranio-Sacral Therapy, Marconics Energy, and other mindfulness and meditative training programs located in the US and India. She studied directly under Yogi Bhajan, Sharon Salzberg, Brian Weiss and others. Kaye brings 15+ years of teaching experience in leading groups and private clients through a number of stress reduction programs, workshops and ongoing classes. She co-founded Franklin Yoga & Wellness in 2004.



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Questions?

**Call: Kaye 508 918-9488**

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