



Kundalini Yoga Classes

"Kundalini Yoga is the Practice of Awakening to our Highest Self and turning potential energy into kinetic energy" - YFI



Summer Series By Amunta Sunna

Amunta Sunna trained and received her Yoga Alliance Certification from Yoga Farm Ithaca and has been practicing Kundalini Yoga for several years. It has been a very healing and awakening experience of coming back to self.

- Saturday May 20th** Intro Beginner Class.....**10 am - 11 am**
- Saturday May 27th** Deepening Your Breathwork & Removing Limitations.....**10 am - 11 am**
- June 24th** Tapping Into Your Life Force Energy (Core Class).....**10 am - 11 am**
- July 15th** Spiritual Warrior Kriya.....**10 am - 11 am**
- August 12th** Deepening Your Practice Kriya Workshop.....**10 am - 11:30 am**

Please bring a yoga mat and pillow or cushion and comfortable clothes to all classes. Donations and tips are appreciated and welcome!



**Hosted by Rhythm, Roots, and Faith
W7291 County Road B
Dalton, WI 53926**