

# Kundalini Yoga with Vani



Come prepare for the Aquarian Age and all its challenges with Vani. Kundalini yoga will build your nervous system, strengthen your body and spirit so you can meet the challenges of our day. It is the yoga of transformation and open to all levels - no prior yoga experience necessary.

Join us on Monday mornings from 9:30 - 11 starting Jan. 9th at Two Rivers Aikido on 30th and Belmont.