



New Kundalini Class Series with a Focus on Intuition

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A Four Week Series

The soul never thinks without a picture.

~Aristotle

Date: 4 Wednesdays: April 2nd, 9th, 16th and 23rd

Time: 4:00-5:15 p.m.

Location: Sacramento Yoga Center (in the Sierra 2 Building), Room No: 6, 2791 24th Street, Sacramento, CA 95818

Price: \$12.00 drop in or \$40 for the series

Contact: 916.491.6792 or e-mail Daljit at daljit@sacyoga.org

www.sacyoga.org

*What pictures are you holding in your own mind for your life?
What would you like to change?*

Join Kundalini Yoga instructor Daljit Bains for a special 4-week series on building your intuition and clarifying the pictures you are holding in your own mind's eye for your life.

This four week series will focus on specific Kundalini yoga sets and specific meditations to build your own intuitiveness, a gift we are all born with, and to be clear on what you want.

The sixth chakra is the seat of intuition and is also called the 3rd eye point. The Sanskrit name for this chakra is Ajana, or to know.

