

**Presented by Larry Owensby/Siri Daya
and
The RabBoar Studio**

Thursdays 1/14—2/18/2010

Time: 7:15—8:45 PM

**Location: 12805-7 Tucks
Chapel Road, Rogers, AR**

Intro to Kundalini Yoga and Gong Therapy

This series will introduce some of the basics of this 2000 year old tradition



1/14 — “Breath of Life is Your Life” — Prana and Pranayama

1/21 — “Creatures of Habit” — Apana, Digestion and Elimination

1/28 — “Where are You At?” — Chakras and the Kundalini

2/4 — “Everybody is a Healer” — Create a Healthier You

2/11 — “How to Have a Really Good Night’s Sleep” — Fall Asleep More Quickly and Stay Asleep

2/18 — “Great Day in the Morning” — How to Get Up and Get Going

Come join us for this Fun and Eye Opening Yoga Experience.

Price for this Six Week Introduction Class: \$50/person

**Contact person: (479) 621-8003 (RabBoar)
(479) 841-3646 (Larry)
(479) 531-3322 (Pamela)**

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