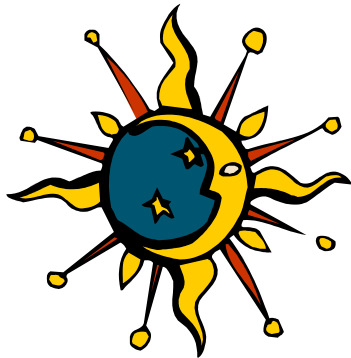


RabBoar Studio Update

July / August 2010

Second Location Opening August 2nd

Open House Sunday, August 8th—2:00—4:00 PM



THIS is exciting! We will be opening our doors August 2nd for our first Kundalini Classes at our second, convenient location.

Located at 2600 Hudson Road (Rt. 102) just down the road from NWACC (actually, the NWACC bookstore is in the same building), and beside Car-

Mart with LOTS of parking, a private entrance in the back, and a big room for practice, we'll be ready for you to join us Mondays through Thursdays, 5:45—7:00PM for the ancient practice of Kundalini Yoga as taught by Yogi Bhajan.

Yoga of Awareness

Kundalini Yoga, called the Yoga of Awareness, was brought to the West by Yogi Bhajan in 1968. Yogi Bhajan taught that, through the

practice of Kundalini Yoga and meditation, your glandular and nervous systems are stimulated, and your capacity for creative potential is heightened. You gain inner vitality to compensate for the adverse effects of stress so you can excel in life.

Kundalini yoga classes are a dynamic blend of postures, pranayama, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.

(First Class is Free!)

621-8003

Full Moon Meditation

Our Full Moon Meditation The next Full Moon is July 26th — a Monday — so the meditation is schedule for 6:35 PM—6:55 PM. We'll stop our Flow Yoga class a little early — I'm sure most of the flow people will stay for the meditation as well as our regular group of people ... and maybe some new people will join us again.

New Chi Gung Class

Join our newest teacher, Brad Whitewolf, who has been studying and practicing Martial Arts since 1961. Our website will have Brad's extensive bio information shortly. This class will start in August at the Tucks Chapel location, 9AM Saturdays. For more information contact david@rabboar.com.

Class Schedule at 12807 E Tucks Chapel Road www.rabboar.com/studio

Monday (Flowing/Challenging Yoga)	5:45-6:55pm	<u>Tai Chi Chuan</u>	
Wednesday (Pilates)	5:45—6:45PM	Monday (Forms)	7—8:30PM
Saturday (Core Strengthening Yoga)	11:00am-12:15	Wednesday (Basics)	5:30—7PM
		Wednesday (Forms)	7—8:30PM
		Saturday Chi Gung(August)	9—10:30am
Mondays Through Thursdays	5:45-7:00pm		