**KUNDALINI YOGA**

**Description and Benefits.**

Kundalini Yoga is another yoga for everyone, for every body. It helps remove stagnation, unlock blocks and channels energy throughout the body, truly engaging with the mind and spirit. If your immune system is feeling taxed, if you are needing to let go of something, if you are undergoing change or challenge in your life – look to Kundalini to help revive your whole system. It is a yoga practice both for and of life.

Kundalini Yoga is an ancient art and science dealing with the transformation and expansion of consciousness, the awakening and raising of Kundalini energy up the spine through the Chakras (energy centers). It is the yoga of awareness incorporating movement, dynamic breathing techniques, meditation, visualization, projection and focused attention to build physical vitality and increase consciousness.

In harnessing the power of Kundalini, you’ll likely finish your session feeling lighter yet more grounded, peaceful yet energized. Prepare to be blissed out.

​

Classes are 75 min long. Please wear comfortable clothes.