



Baba Siri Chand Yoga Center

Daily Class Schedule

Fall 2009

8 Classes for \$88 or \$15 per class "drop-in"

www.kundaliniyogane.com

Monday

6:00 PM*	Integrative Yoga Therapy for Chronic Pain 8-Week therapeutic course	Rai Kaur (Alaine Amaral)
7:30 PM	Kundalini Yoga Kundalini yoga & meditation for all levels	Jai Kaur

Tuesday

8:45 AM	Kundalini Yoga Kundalini yoga & meditation for all levels	Jai Kaur
6:00 PM	Gentle Kundalini Yoga Perfect for beginners or anyone looking for gentle class.	Jot Kaur
7:30 PM	Yogi Bhajan Kundalini Yoga Video Class Follow along with the teachings of Yogi Bhajan on video	Manjit Kaur

Wednesday

9:30 AM	Grow & Glow! Light yoga, healing meditation & Sat Nam Rasayan Practice	Siri Tapa Kaur
7:30 PM	Self Healing with Kundalini Yoga Kundalini yoga with emphasis on meditation	Guru Jiwan Singh

Thursday

8:45 AM**	"Survival Kit Yoga" Yoga & Meditation for "at home" business people, house-holders & moms	Harbhajan Kaur
7:30 PM	Kundalini Yoga for All Uplifting Kundalini Yoga class with music and chanting	Guruatma Singh

*8-Week session September 28th—November 16; Course fee \$180 A small group, therapeutic course for those living with chronic pain, please contact Alain Amaral for details 508-561-1153.

**10-Week session October 1st through December 10th, regular class fees apply (\$15 drop-in or purchase all 10 for \$110 class pass)