

Lighten Up...

And Brighten Up!

**Introduction to Kundalini Yoga
10 Class Series**

**Spin Your Wheels in all 8 Energy
Centers of Your Body**



5126 – 6th Ave. 262-658-2108

Class meets every Wed. night

Dates: Aug. 4th – Oct. 6th 2010

Price: \$100.00 Time: 5:15-6:30pm

Instructor: Janice Siska Hjelmgren (Gian Atam Kaur) MS Ed, RYT trained in Kundalini yoga with Gurmukh at Golden Bridge in Los Angeles, CA, certified through IKYTA. Trained in Hatha Yoga and Yoga for the Special Child™ with Sonia Sumar, certified by Yoga Alliance.