

**If You Can
Breathe,
You Can Do YOGA!!!**

**Gentle Kundalini Yoga
6 Class Series**

**Breathe Less, Live More
Breathe Fully, Enjoy More**



5126 – 6th Ave. 262-658-2108

Class meets every Thurs. night

Dates: Aug. 5th – Sept. 9th

Price: \$60.00 Time: 6:30-7:30pm

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.