

Free Kundalini Yoga, Gong Bath Events

- Awaken, Relax & Get Happy with a Kundalini Yoga Class
 - Bliss out with a Gong Bath
 - Surprise Yogic Tips and Treats
 - Meet your Yoga Community
- Saturday, October 9th 12:30pm to 2pm
Yoga Oasis 1450 University Ave., Suite 201 — San Diego
 - Saturday, October 16th 3pm to 4:30pm
Ginger's Garden 2488 Newport Blvd. Unit A-1 (Upstairs) — Costa Mesa
 - Sunday, September 26th 12:30pm to 2pm
 - Friday, October 29th 6:30pm to 8pm
San Dieguito Masonic Center 1401 Windsor — Cardiff (Training location)

RSVP to Atma: 951-696-9063 x105 or atmak@objectrad.com

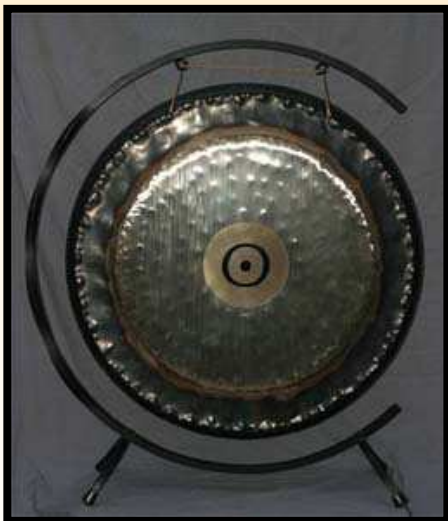
and Sign up for Kundalini Yoga

Training and Yogic Immersion starting Oct. 30th

*Free Snatam Concert
With course registration
spiritvoyage.com*



*"This training teaches you
the yogic lifestyle and
powerful practices I grew up on,
and that I use daily for health,
happiness and peace" Snatam*



Complete Teacher Training info at: <http://yogamurrieta.com/TeacherTraining>

"This is one of the most profound experiences of my life" Lisa

"I am the calmest and happiest I have ever been because of this amazing lifestyle." Erin