

San Diego-Orange County Kundalini Yoga Classes

Area	Day	Time	Teacher	Class location	contact info	Cost
Hillcrest/San Diego	Monday	7:30-9:00pm	Nirvair Singh Khalsa	Tibetan Healing Center 4115 3rd Avenue, San Diego, CA 92103	(619) 890-6137 nirvair@soul-wisdom.com soul-wisdom.com	\$15/class, \$60/6 classes
La Jolla, Ca 92037	Monday & Friday	MON 8:45 - 9:45am FRI 4:45 - 5:45pm	Navneet Kaur	LiLa Jolla Yoga, 1002 Prospect Street La Jolla, CA	(858) 551-9642 lilajollayoga@att.net lajollastudios.com	\$18/class, Teacher Tng/\$10
La Mesa, Ca	Tuesday	5:30 - 7:00pm	Lori Jones - Siri Kaur	Creative Yoga for Consious Contact, 8640 La Mesa Blvd, La Mesa, CA 91941	(619) 229-0220 lorijones@cox.net yoga4awareness.com	\$15/class, \$100/10 classes Teacher Tng \$10/class
Spring Valley, CA	Alternate Thursdays (contact us for other classes & workshops)	5:45 - 7:15pm	Lori Jones - Siri Kaur	Yogic Journey Step Study, 829 Worthington St, SD 92114	(619) 229-0220 lorijones@cox.net yoga4awareness.com	\$15/class, \$100/10 classes Teacher Tng \$10/class
North Park/San Diego	M,T,W,Th,F,Sa,Su	6:00 - 7:15am	Adesh Kaur	Upaya Healing Arts Center, 4666 Alabama St, SD 92116	(619) 321-9611 Adeshkaur@yahoo.com upayaarts.com	\$13/class, \$55/5 classes, \$100/10 classes, \$75 monthly unlimited
	Tuesday	6:00 - 7:30pm	Miranda			
	Wednesday	7:30 - 8:45pm	Adesh Kaur			
Chula Vista, CA	Monday & Wednesday	6:00 - 7:30pm	Guru Amrit Kaur Khalsa	Green Hills Learning Center, 2400 Fenton St, Ste B, Chula Vista, CA 91914	(619) 656-5795 amritguru@yahoo.com	
Chula Vista, CA	Monday & Wednesday	6:30pm	Guru Amrit Kaur Khalsa		(858) 454-8533 amritguru@yahoo.com	
La Jolla	Tuesday	6:00pm	Guru Amrit Kaur Khalsa		(858) 454-8533 amritguru@yahoo.com	
San Diego	Thursday	9:30am	Guru Amrit Kaur Khalsa		(858) 454-8533 amritguru@yahoo.com	
Newport Beach, OC	Monday	5:30 -7:30pm	Monika Summerfield/Meher Kaur	Diamond Center, 4000 Birch Street, Suite 203	(714) 745-3238 diamondcounseling.com	10 weeks Yogatherapy \$45 sliding-scale

Hillcrest/San Diego	M,T,W,Th,F,Sa,Su	3:35-6:30am	Gurumantra Singh Khalsa	1293 Upas Avenue, San Diego, CA 92103	(619) 454-4296 KundaliniYoga@sbcglobal.net	Free
Hillcrest/San Diego	Tuesday	7:00 - 8:00pm	Gurumantra Singh Khalsa	1293 Upas Avenue, San Diego, CA 92103	(619) 454-4296 KundaliniYoga@sbcglobal.net	\$10 per class, \$32 for 4 classes
Kearny Mesa/San Diego	Tuesday & Thursday	5:00 - 5:30am	Ravi Inder Singh	Toby Well's YMCA 5105 Overland Ave, SD 92123	(619) 992-7166	Members free. Day pass \$10. Guest pass \$6.
	Tuesday	6:30 - 7:15pm				
Kearny Mesa/San Diego	Saturday	10:00 - 11:15am	Jessica Trotter	Toby Well's YMCA 5105 Overland Ave, SD 92123	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	Members free. Day pass \$10. Guest pass \$6.
La Jolla, CA	Tuesday	12-1pm	Hari Das Kaur	Prana Yoga, 1041 Silverado St, La Jolla, CA 92037	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
La Jolla, CA	Tuesday & Thursday	3:00 - 4:00pm	Hari Das Kaur	La Jolla Womans Club 715 Silverado St, La Jolla, CA 92037	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
La Jolla, CA	Wednesday	5:15 - 6:15pm	Hari Das Kaur	Scripps Integrative Medicine, 10666 North Torrey Pines Road, La Jolla, CA 92037	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
La Jolla, CA	Monday	7-9pm	Hari Das Kaur	La Jolla, CA 92037. Call for directions	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
La Jolla, CA	Saturday	7:00 - 8:00am	Hari Das Kaur	Prana Yoga, 1041 Silverado St, La Jolla, CA 92037	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
La Jolla, CA	Saturday	9:00-10:15am	Hari Das Kaur	Scripps Integrative Medicine, 10666 North Torrey Pines Road, La Jolla, CA 92037	(858) 454-9874, mtrotter@san.rr.com, www.yogicmedicine.com	\$15/class
Golden Hills, San Diego	Wednesdays	7:00 - 9:00pm	Guru Rattan Kaur	Polish American Club, 1934 30th St, SD 92102	(866) 964-832 gururattan@yogatech.com, www.yogatech.com	\$15/class, \$50/4 classes
Hillcrest/San Diego	Tuesdays	7:00 - 9:00pm	Kirin Kaur Khalsa	Polish American Club, 1934 30th St, SD 92102	(619) 435-6118, kirinkk@yahoo.com	\$15/class, \$45/4 classes

Mission Valley/San Diego	Tuesday & Thursday	5:30 - 6:40pm	Duke Doudna	Hazard YMCA, 7610 Hazard Center Dr #101, SD 92108		Members free. Day pass \$10. Guest pass \$6.
La Mesa, CA	Tuesdays	7:30 - 8:40pm	Duke Doudna	Davis YMCA 8881 Dallas St, La Mesa, CA 91942		Members free. Day pass \$10. Guest pass \$6.
Kearny Mesa/San Diego	Thursday	7:00 - 8:15pm	Duke Doudna	Toby Wells YMCA 5105 Overland Ave, SD 92123		Members free. Day pass \$10. Guest pass \$6.
La Jolla, CA	Friday	5:45 - 6:30pm	Duke Doudna	La Jolla YMCA, 83355 Cliffridge Ave, La Jolla, CA 92037		Members free. Day pass \$10. Guest pass \$6.
Mission Valley/San Diego	Saturday	12:30 - 1:45pm	Banoo	Hazard YMCA, 7610 Hazard Center Dr #101, SD 92108	619) 224-8879	Members free. Day pass \$10. Guest pass \$6.
Point Loma/San Diego	Wednesday	10:15 - 11:30am	Banoo	Peninsula YMCA, 4390 Valeta St, SD 92107	(619) 224-8879	Members free. Day pass \$10. Guest pass \$6.
Downtown/San Diego	Tuesday	4:00 - 6:00am	Dhyan Kaur	San Diego Yoga Loft, 740 13th St, Studio 503, SD 92101	(602) 689-6635 dhyankaur@hotmail.com	By donation
	Tuesday & Thursday	7:00 - 8:15pm				By donation
			Sybilla Dorros		(858) 573-6148 SybillaGD@aol.com	
Encinitas/North County			Dalip Kaur		kundaliniclaire@gmail.com	
			Devi Kirn Kaur		devi.kirn@gmail.com	

SNR classes

Hillcrest/San Diego	Wednesday - SNR Healing Clinic	7:00 - 9:00pm	Gurumantra Singh Khalsa	1293 Upas Avenue, San Diego, CA 92103	(619) 454-4296 KundaliniYoga@sbcglobal.net	\$20/student, \$10/patient
Hillcrest/San Diego	Thursday - SNR Healing Clinic	7:00 - 9:00pm	Meherbani Kaur Khalsa	1293 Upas Avenue, San Diego, CA 92103	(619) 692-3521	\$15/class