

# KUNDALINI YOGA/ GONG JOURNEY

with Sat Guru Kaur

a dynamic experience of yoga, meditation, music, and the sound that flows through all nature, energy and matter, body and spirit...

**YogaNow**

**215 GOLD SW (DOWNTOWN)**

**THURSDAY, FEBRUARY 23, 2012**

**6:00PM—8:00PM**

**All levels/ All welcome!**

**Price: \$20**

**Please bring yoga mat and blanket.**

Yogi tea and light refreshments served afterwards  
For more info : 266-7567 or [maureenabq@gmail.com](mailto:maureenabq@gmail.com)  
or [www.yoganow.org](http://www.yoganow.org)

