



# An Introduction to Kundalini Yoga

A Workshop with Lizbeth Wolfe, E-RYT 500, RPYT, IAYT, BFA

**Sunday, March 19th - 2:00 to 4:00 p.m.**

Held At **Insight Learning & Wellness Center**

25901 Emery Rd., Ste. #112, Warrensville Hts., OH

## Kundalini Yoga is the Yoga of Awareness

It has the effect of uplifting the spirit. It is universal and nondenominational. All ages and body-types can do it.

It's a path for everyone who wants the skills to cope successfully with daily challenges and stresses of our times.



### In this workshop you will learn:

- Background and some history of Kundalini Yoga.
- Elements of a Kundalini class and tips to help you practice.
- Basic breathing, energy anatomy, energy locks, Mudras and Mantra.
- Simple Kundalini self-care practices to help you sleep better and wake up more refreshed.

### Workshop Fee: **\$30; Must register at 216-765-4470 or Felicia@insight-wellness.com**

Lizbeth is a certified 500 level, experienced, registered Yoga teacher (E-RYT500), registered prenatal Yoga teacher (RPYT), Usui Karuna Reiki Master (CRM), Leve 1 Thai Yoga Massage Practitioner, and member of the International Alliance of Yoga Therapists (IAYT). Yoga can meet each of us where we are on our journey. It can teach us patience, compassion, and resiliency. By being present with ourselves we can be present for each other, and create a more loving world



Lizbeth is honored to provide Kundalini Yoga at Insight Learning and Wellness Center. Her home is her Studio, MettaFlows Yoga & Art in Avon Lake, Ohio, and Sat Nam Studio. She teaches for the City of Westlake and co-teaches meditation at the Cleveland Museum of Art. She's served as a Yoga Specialist at Cleveland Clinic Tanya Edwards Center for Integrative and Lifestyle Medicine, Rivers Edge conference and retreat center, and as a teacher trainer for Cleveland Clinic School of Yoga and TRY4life Yoga School.

### **6-week Kundalini Yoga Series begins Wednesday, March 22, 7-8:15 pm \$75/series or \$15/Drop in**

Every Kundalini class includes a dynamic blend of *exercises, breath techniques, mantra, mudra, eye focus, music, deep relaxation, and meditation*. This technology helps to balance the glandular system, strengthen the nervous system, expand lung capacity, and cleanse the blood. Through practice you'll learn the art of relaxation, self-healing, and develop an enhanced awareness of mind, body, and spirit.

**All welcome, no experience necessary. Limited space, call to reserve your spot!**