

INTRODUCTION TO KUNDALINI YOGA FOR BEGINNERS*

WITH **VIKKI**

TUNING INTO THE DIVINE TEACHER WITHIN

* OPEN TO ALL LEVELS, NO EXPERIENCE NECESSARY

KUNDALINI YOGA IS OFTEN CALLED THE YOGA OF AWARENESS. IN THIS WORKSHOP WE WILL DISCOVER THE POWER OF THE KUNDALINI ENERGY WITHIN EACH OF US, AND HOW TO CONNECT TO THE UNLIMITED CREATIVE POTENTIAL OF OUR BEING & THE DIVINE TEACHER WITHIN.

THROUGH THE POWERFUL COMBINATION OF ASANAS (POSTURES), PRANAYAM (BREATH), MANTRAS (SOUND), AND MEDITATION WE WILL BALANCE AND INTEGRATE ALL LEVELS OF OUR BEING, ALIGNING OUR BODY, MIND & SPIRIT.

KUNDALINI YOGA IS DESIGNED TO GIVE YOU A HANDS-ON EXPERIENCE OF YOUR HIGHEST CONSCIOUSNESS. IT IS A METHOD BY WHICH YOU CAN ACHIEVE THE SACRED PURPOSE OF YOUR LIFE.



VIKKI IS A KRI CERTIFIED KUNDALINI YOGA TEACHER. SHE HAS BEEN STUDYING AND PRACTICING KUNDALINI YOGA FOR SIX YEARS. HER PASSION IS GUIDING STUDENTS INTO THE FULLEST EXPRESSION OF THEIR AUTHENTIC SELVES.



SANTA BARBARA YOGA CENTER™

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