

Take Charge of Your Health!

Intro to Kundalini Yoga A 5 Week Series with Csilla Bischoff

Kundalini Yoga is ideal for building energy and vitality, strengthening the immune system, balancing your endocrine system, clearing unhealthy emotional patterns, and healing the body. It is a spiritual and meditative practice with a strong physical component that builds strength, health, and flexibility. This 5week Kundalini Yoga Beginner Series will help you learn all the basic postures, breathing techniques, and mantras of this transformational yoga as taught by Yogi Bhajan.

This **ADULT** course is appropriate for all levels and no prior experience or flexibility is required. Please, wear light, comfortable clothing and bring a yoga mat.

We will meet on Wednesday evenings from 7:00 PM -8:30 PM in room 140 at Robert Morris School, Madison Ave entrance.

Cost: \$75.00. Sessions are 10/16, 10/23, 10/30, 11/13, 11/20

For more information regarding the program contact Csilla [908 672 3226](tel:9086723226)

About Csilla:

Csilla Bischoff is a certified kundalini yoga teacher, integrative nutrition health coach and founder of shininghealth.com.

She is passionate about sharing the transformative tools of kundalini yoga and meditation. Along with her 14 years of health coaching experience, she is committed to serving others in their quest to discover good health, peace of mind and a spiritual connection, which she truly believes is available to everyone.

Please complete the information below and mail or drop off payment to Boro Hall, 12 Main Street, South Bound Brook, N J 08880 Attn: Donna Piazzolla

Name: _____ Contact Number: _____

Address: _____

Email: _____

Make checks payable to: South Bound Brook Recreation.

Any questions regarding registration, please contact Donna Piazzolla at recreationsbb@southboundbrook.com