



A Fundraiser for the Abiding Spirit Center

Kundalini Yoga, Meditation and Gong for Inner Strength with Kat Freese (Devraj Kaur) August 22, 10:30 am-12:00 pm

Reaching deep within to our true selves, we can experience fulfillment. Through Kundalini Yoga, we can move beyond the waves of emotions and feelings to the soul and achieve a state of compassion, commitment and joy. Experience this amazing technology and feel connected to your personal power!



Please bring a yoga mat and anything to help you feel comfortable during the extended gong relaxation, such as a blanket, sweater, bolster or pillow. This class is suitable for all levels of practitioners.

Meditation will be included either before or after the gong relaxation. Class will end with a sampling of delicious Yogi Tea.

Fee: \$25

The Abiding Spirit Center is a nonprofit organization providing services and activities to enhance health and wellness. The \$25 fee will support the Abiding Spirit Center's programs for our community.

Location of seminar:

1540 Carlemont Drive Crystal Lake, IL (815) 444-6019

www.AbidingSpiritCenter.org