



Kundalini Yoga

Wednesdays
with Michelle

7:00-8:15am



What is Kundalini Yoga?

Kundalini yoga, also known as "the yoga of awareness," is a style of yoga ideal for those who want to experience the ancient Indian practice beyond the physical aspects. Kundalini" is an ancient Sanskrit word that literally means "coiled snake." An enormous reserve of untapped potential within each of us, is located around the sacrum or "sacred bone" at the base of the spine. Once awakened it uncoils and ascends through the central channel in the spinal column.

Kundalini Yoga is not only of physical postures, but incorporates breathing, movement, stretching, meditation, mantra and relaxation. The combination of which activates the glandular system, strengthens the nervous system, expands the lung capacity, and purifies the bloodstream.

A dedicated **Kundalini Yoga** practice can reshape your physical, mental, emotional and spiritual bodies for permanent weight loss. ...

Kundalini Yoga sets for weight loss focus on the thyroid gland.