

# De-Mystifying Kundalini Workshop



**During the workshop we will explain:**

- \*What Kundalini Energy is
- \*Benefits of Kundalini
- \*Basic structure of Kundalini Yoga
- \*History of Kundalini
- \*Basic exercises
- \*Why white is often worn to class(NEVER a requirement)
- \*Why the teacher covers her head(NEVER a requirement for students!

**Join Michelle Fiore in this Complimentary  
Kundalini Workshop**

**MONDAY JANUARY 20TH  
6:30-7:45PM**

Please call us at 847-229-0292 to register

