

Meditation and the Creative Spark

Saturday, September 18th

2:00 - 5:00 PM

\$30 pre-registered by September 15th ~ \$45 thereafter

Have you ever been in that space where the right ideas and opportunities just come to you naturally? Following through on these ideas is easy as these ideas further your own expression in the world. Deepen your creative flow, through the powerful combination of yoga and meditation.



In this class we will practice Kundalini yoga and meditation to stimulate the creative self. Come to explore your creative potential through drawing or the written word. Please bring a blank journal, lined if you plan to write or blank pages if you plan to draw.

“A relaxed mind is a creative mind and creative mind is a relaxed mind and only a relaxed mind can become one-pointed mind, and a one pointed mind is the most wonderful mind: it is the most powerful, It can do anything.” --Yogi Bhajan



Teacher: **Sahaj Kaur** is a fine artist as well as a yogi. She attended the school of the Museum of Fine Arts, Boston and Tufts University. She completed her Kundalini certification in 2000 and has been teaching Kundalini Yoga for 10 years. She has been practicing both Hatha and Kundalini for 18 years. She has a deep level of experience and brings a subtle depth of knowledge to her classes. She teaches in the teacher's training in Millis, MA and in the Cambridge, Boston area.

Location: Yoga at the Ashram
368 Village Street, Millis, MA 02054

To Register: 508-376-4525

