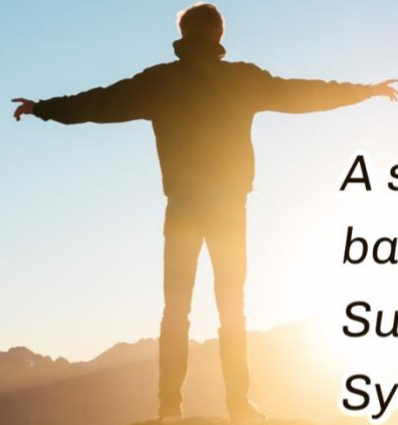




YOGA AT THE ASHRAM
The Baba Siri Chand Yoga and Retreat Center

DEEPENING THE PROMISE

Reconnecting to Your True Self with Kundalini Yoga



*A six-week course
based on
SuperHealth: A
System of Yogic
Technology for
Breaking Habits and
Addictive Behavior*

Designed to work with people who have addictive behaviors and to recognize the root cause of addiction, this program promotes a state of well-being by relieving the pain of addictive patterning.

In this series we will:

- Increase our awareness of mental and emotional patterns that keep us stuck
- Interrupt traumatic thought patterns with physical (yogic) practices
- Access inner wisdom to motivate us to embrace a healthy lifestyle

The body can heal itself with balanced habits, sadhana (daily practice) and using food as medicine.

This course provides a safe place for people with addictions to experience their own power and gain self-confidence while learning Kundalini Yoga.

For Women Only: Six Wednesdays 6:30-8:30pm

March 18 to April 22, 2020

\$160 total tuition for the 6 weeks. Bring a friend and each will pay only \$145

Siri Brahma, a seasoned Kundalini Yogini, offers practices to build a foundation that supports you as you create the life experiences you want.

Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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