

Kundalini Yoga

*Fearless
Liberation*

Come and Join "L"

For a very special 3-week series as we adventure into the Self with the ancient technology of Kundalini Yoga.

- Week 1: Digestive Health
- Week 2: Yoga & Mantra
- Week 3: Anger & Forgiveness

\$18 single class

Pre-register for all 3 classes- \$45

L@thedivineportal.com

908.578.1969



Tuesdays August 7, 14 & 21

11:00 am - 12:30 pm

Bikram Yoga

4504 Kukui St.

Kapa'a Dragon Building

Suite 10, 2nd Floor

**"L" is one of America's
brightest yoga teachers**

He is a world-traveling teacher and an accomplished photographer and visual artist.

The past four years L has served and taught yoga seasonally at The Omega Institute in Rhinebeck, NY.



The
Divine Portal

www.thedivineportal.com