

ACCESS YOUR INNER TEACHER

Creating a Personal Yoga Practice

Presented by Laurie Baker, MA, IKYTA

Saturday, May 8, 2004

1:00 p.m. to 4:30 p.m.

Spirit Room

111 Broadway, Fargo ND

This workshop is for you...

- If you want to start a yoga practice in your own home
- If you want to take your existing yoga practice to a new level
- If you are unsure what to do or how much is enough
- If you want to try Kundalini Yoga, the yoga of awareness, a unique style that combines 7 yogic traditions in a single practice
- If you want to experience Laya Yoga and learn to use mantra and chanting in your practice
- If you are interested in meditation
- If you want a healing path

The workshop will include meditation, chant, movement (asana), and discussion of yogic lifestyle. Floor sitting is not required. Yoga experience is not required.

Equipment and refreshments are provided. You are welcome to bring your own mat and cushion if you prefer. Wear loose comfortable clothing and bring a head covering (scarf, shawl, or bandana).

Suggested investment: \$27 (more if you can, less if you can't)

Register by calling 218-287-4583 or emailing ljbak@cablone.net. You may register at the door on a space available basis.

VIBRATE THE COSMOS, THE COSMOS SHALL CLEAR THE PATH

FROM 5 SUTRAS FOR THE AQUARIAN AGE BY YOGI BHAJAN

Laurie Baker (Ranbir Kaur) has been practicing Yoga since 1980 and is certified by the International Kundalini Yoga Teacher's Association (IKYTA). She is a lifelong student and a teacher of various and sundry subjects since 1990.