

thebestof

Kundalini Yoga - Bring a friend for FREE

Offer Expiry Date
06/05/2020

Can only be used at
The Yoga-Life Studio
The Stables, 25 South street, Eastbourne
BN21 1BD.



Description/Terms and Conditions

Monday 6pm – 7.15pm
£10 drop in

Kundalini Yoga focuses on an increased awareness of the relationship between the mind, body and soul. Through traditional yogic postures, breath, chanting and meditation, you'll unblock energy, awaken your inner self, empowering you to flow with confidence and rise to the challenges of life. We harness the mental, physical and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul.

What to expect in a Kundalini yoga class

Each class will start with a tuning-in mantra, a warm-up, followed by a kriya, relaxation and/or meditation. We will then close the class with mantras to ground ourselves and focus our energy to step back into the outside world. Kundalini yoga cultivates our consciousness of mind, body and spirit. The positive effects will penetrate into your lives and can manifest in numerous ways. Kundalini Yoga is suitable for all ages and abilities.

Beginners are always more welcome and abilities.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.