

Breathwalk

Walking Meditation + Breath Control

Free Class!
Sunday, March 20, 1:30 pm

If you love walking and have always wanted to try Breathwalk®, this is an opportunity designed just for you! Plus, you'll meet some of Tallahassee's newest Breathwalk Instructors when you join them for a 'complimentary' Breathwalk on Sunday, March 20th, at 1:30 pm.



Abundance Wellness Center

325 John Knox Rd, Building T, Tallahassee 32303

www.ShaktaKaur.com (850) 545-3978

Triple Gong & Mantra

Friday - March 18 - 6:30 PM to 8:00 PM
\$15 advance / \$20 door

In this special Kundalini Yoga and Meditation class with Shakta Kaur of Chicago's Kundalini Yoga in the Loop (KYL) you'll tap into the power of not one, not two, but three Paiste symphonic gongs. The gong is a beautiful reinforced vibration that impacts the body and its meridians by releasing blocks, reducing tension and clearing the mind.

After 'light' yoga we tune into a higher level of consciousness with a mantra especially designed to celebrate the Spring Equinox with all the abundance that you deserve. Your mind will have no defense to the sound of the gong after 90-seconds; guaranteed! All levels welcome.



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