

Kundalini Yoga and Meditation

As taught by Yogi Bhajan

Abundance Wellness Center 325 John Knox Rd bldg T

REENERGIZE..... your body

RELAX.....your mind

RENEW.....your spirit

6 week series for Beginners
July 21st – August 30th
(either Tuesday or Thursday evenings)

Linda McCue, LMT, CEO graduated from KYTT in 2010. Since then she has been teaching 2 classes a week @ AWC. She brings her love for yoga to her students through her caring and compassionate energy.

***SPACE IS LIMITED SO PLEASE REGISTER IN ADVANCE!**

BEFORE July 12th \$50 ~ AFTER JULY 12TH \$60

call/email Linda @ 545-3978 lmccue@netscape.net

please visit our web site for other activities www.awc-tallahassee.com