

PRĀṆĀ  
YOGA AT THE VILLAS



YOGA



**BOUNTIFUL, BEAUTIFUL and BLISSFUL:  
SATURDAY 20 OCTOBER 10.30 START**

A Special 2 hour workshop in Kundalini  
Yoga with Maya  
100,000rp

Come along to Prana Spa At The Villas on Saturday and experience Kundalini Yoga. Release old programming, self doubt and depression and unleash the transformative energy of joy and abundance that is the real You. No previous yoga experience required.

Kundalini yoga uses breath, yogic postures and meditation to help maintain a healthy spine helping to strengthen the nervous and glandular systems. It helps to facilitate a change physically as well as emotionally and spiritually. Kundalini yoga is yoga for the mind, body, and spirit.

Maya received her training at Golden Bridge Yoga in Los Angeles with the world-renowned and beloved teacher, Gurmukh Kaur Khalsa. She is a certified K.R.I teacher of Kundalini Yoga as taught by Yogi Bhajan, as well as a certified Y.O.G.A for Youth teacher. As well as Kundalini, she has had over 10 years of experience with many different forms of yoga, in particular, Ashtanga Yoga. Her classes are powerful, meditative and lots of fun!

For more information on Kundalini Yoga, Yogi Bhajan and Gurmukh, check out:

<http://www.goldenbridgeyoga.com>

<http://www.3ho.org>

Please contact Rhan 08155800558

PRANA SPA

Opposite Bali Deli, Jalan Kunti, Seminyak.