

# Pop-up Kundalini Yoga Class *with* Aquarian Teacher Training Team

## Time & Location

**Saturday July 7, 2PM – 4PM**

High Desert Yoga  
4600 Copper Ave NE,  
Albuquerque, NM, 87108



Deva

Gurumeet

Dr. Japa

## About the Event

After a good Kundalini Kriya and meditation we will serve tea and chat about the upcoming **Kundalini Yoga Teacher Training**.

Join us to immerse yourself in the sacred vibration of Kundalini Yoga. Known as "the yoga of awareness," Kundalini Yoga awakens the full potential of the human experience in each individual. Develop your potential to self-mastery through the ancient science of Kundalini Yoga, focusing on self-development and deep self-awareness to generate profound and lasting change in your life. These teachings help you move beyond subconscious limitations and gain an authentic sense of your life's purpose and meaning.

## Tickets

Pop-up Kundalini Yoga  
\$18 (*including tax*)

### Price Options

- \$18 or use your HDY class pass
- If you register, or are already registered, for the upcoming **Kundalini Yoga Teacher Training** *there is no charge for this class.*