

8 WEEK CLASS SERIES

kundalini
YOGA
& meditation
for **PTSD,**
Anxiety, Stress
and **Trauma**

Restore balance

Release stored trauma

Engage the body and mind
to heal and self regulate

Feel peace Improve sleep



Two 8-week series on THURSDAYS, 6:00-7:15pm

April 5-May 24

July 12-August 30

\$108 (plus tax \$116.10) by 1 week before (March 29, July 5)
or **\$120** (plus tax \$129.00) after above dates

Register at www.highdesertyoga.com or walk-in

Taught by a yoga teacher certified in teaching trauma informed yoga. Deva Khalsa is an Ayurvedic Health Practitioner, Clinical Herbalist and a 26 year veteran of teaching Kundalini Yoga. deva@devahealth.com



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