

# 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



**8 week series on THURSDAYS**

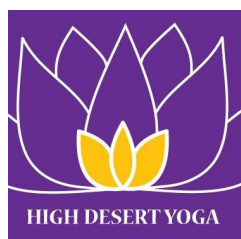
**6:00 - 7:15pm**

**April 25 - June 30, 2019**

**\$108** (plus tax) pre-register by the day before the course starts  
or **\$120** (plus tax) at the door. Repeat students \$90 (plus tax).

Register at [www.highdesertyoga.com](http://www.highdesertyoga.com) or walk-in

Deva Khalsa is an Ayurvedic Health Practitioner,  
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