

# 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**

**June 20-August 15, 2019** *(no class July 4)*

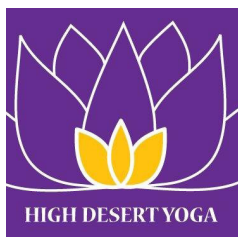
**\$108\* pre-registered • \$120\* at the door**

**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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and has been teaching kundalini yoga for 26 years. [www.devahealth.com](http://www.devahealth.com)



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