



High Desert Yoga presents

# Vibrate the Cosmos

A Class Series with Pavanjoti

*“Vibrate the Cosmos. The Cosmos shall clear the path.”  
– Yogi Bhajan, 5th Sutra of the Aquarian Age*

## Everything is vibration including us!

Quantum physics is proving what yogis have known for thousands of years. Our body imprints experiences as frequencies, keeping us stuck in the past and disharmony. Regenerate your life and your health at the cellular level with Kundalini yoga, breathwork, mantras, and meditation. Allow the ancient sounds of drums, Alchemy crystal bowls, symphonic gong to uplift your spirit and activate a new state of harmony in the world.



Pavanjoti is certified in Kundalini Yoga, trauma-informed, addiction and recovery, sound healing, shamanic energy and sacred ceremony practices.

**4 Sundays, September 8–29, 2019**

6:00–7:00 PM

\$45 (plus tax) pre-registered

\$55 (plus tax) at the door

Individual classes: \$15 (including tax)

High Desert Yoga

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