



Awaken to Yoga Anatomy:

Reproduction & Endocrinology

presented by **Japa Khalsa DOM.**
co-author of **Enlightened Bodies**

- Unlock the secrets of Kundalini Yoga and its healing effect on your body
- Move with invigorating postures
- Hear the latest research on how yoga helps the body
- Meditate to awaken your most vital body systems

Saturday, March 9th
1:00-4:00 PM

\$40 (plus tax) pre-registered

\$50 (plus tax) at the door

High Desert Yoga 4600 Copper Ave NE

Albuquerque, NM 87108

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