

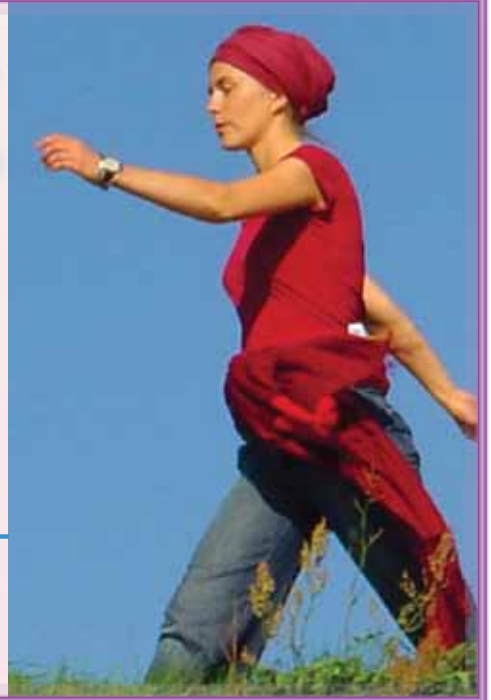
# Breathwalk

Walking Meditation + Breath Control

*Personal Intensive – Jan 22-23*

*Instructor Training – March 19-20*

Breathing and walking are two of the most natural things we do. Breathwalk combines conscious breathing and walking with meditation into elegant and effective exercise patterns for a healthy, happy and vital life. Easy to do, you'll experience powerful changes in just a few minutes and will want to Breathwalk each and every day!



**Abundance Wellness Center**

325 John Knox Rd, Building T, Tallahassee 32303

**[www.ShaktaKaur.com](http://www.ShaktaKaur.com) (312) 922-4699**

# Prosperity Gong & Mantra

Friday - January 21 - 6:30 PM to 8:00 PM

\$15 advance / \$20 door

In this special Kundalini Yoga and Meditation class with Shakti Kaur of Chicago's Kundalini Yoga in the Loop (KYL) you'll tap into the power of not one, but two, Paiste symphonic gongs. The gong is a beautiful reinforced vibration that impacts the body and its meridians by releasing blocks, reducing tension and clearing the mind.

After 'light' yoga we tune into a higher level of consciousness with a mantra especially designed to jumpstart your New Year with all the abundance that you deserve. Your mind will have no defense to the sound of the gong after 90-seconds; guaranteed! All levels welcome.



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