

11-11-11

The First Day of the

Aquarian Age.....

Begin it with a Kundalini Yoga

Early Morning *Sadhana (as taught by Yogi Bhajan)

Friday 11-11-11 5-7:30 am *please arrive early to settle in before we begin/
parking & entrance in the back

FREE! and for all levels~

~JAPJI SAHIB ~

~ONG NAMO GURU DEV NAMO & KRIYA FOR MORNING SADHANA~

~A SHORT DEEP RELAXATION~

~62 MIN MEDITATION WITH THE MANTRAS FOR THE AQUARIAN AGE~

~SACRED PRAYER, SUNSHINE SONG, CHANT SAT NAAMS, &
HUKAM (order of the day)~

*Sadhana is a daily spiritual practice...

ABUNDANCE WELLNESS CENTER 325 JOHN KNOX ROAD, BLDG T TALLAHASSEE

For more information please call or e-mail Linda @ (850)545-3978 or llmccue@netscape.net or visit our web
site @ www.awc-tallahassee.com

11-11-11

THE FIRST DAY OF THE

AGE OF AQUARIUS!

CLOSE IT WITH THE SACRED EXPERIENCE OF

'TRIPLE GONG AND MANTRA'

Kundalini Yoga (as taught by Yogi Bhanan)

FRIDAY, NOVEMBER 11TH 7-9PM

Parking and entrance in the back of the building

*When we connect to our truth, see beyond our personality self, we discover the magnificence of our being and the inner love, beauty, innocence and worth that is contained within each of us. Can you feel the shift? ~Yogi Bhanan

Chant sacred mantras breathe* energize with a kriya* experience the gong* deeply relax* meditation*

*Preregistration is requested \$15 or pay \$20 @ the door

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