

# Kundalini Yoga and Meditation

As taught by Yogi Bhajan

REENERGEZE..... your body

RELAX.....your mind

RENEW.....your spirit

## Beginners Welcome !!!

Thursdays 7:00 - 8:30 pm

Abundance Wellness Center 325 John Knox Rd bldg T  
'Prasad Room' parking/entrance in rear of bldg



*Linda McCue, LMT, graduated from KYTT in 2010, as a certified Kundalini Yoga instructor! Since then she has been teaching 2 classes a week @ AWC. She brings her love for yoga to her students through her caring and compassionate energy.*

*\*new students are welcome & encouraged to register in advance  
call/email Linda @ 545-3978 [lmccue@netscape.net](mailto:lmccue@netscape.net)*

*For directions please visit our web site [www.awc-tallahassee.com](http://www.awc-tallahassee.com)*