

Wake the Warrior Woman Within

Learn how to be a catalyst for change in your life through
Kundalini yoga, breath work and meditation

Releasing Your Fears
Clearing the Self
Becoming Happy, Healthy and Healed
Cultivating the Self
Awakening Your Inner Vitality
Transformation
Creating Your Future
Empowering Yourself

the Marsh
A Center for Balance and Fitness

Eight class sessions, starting September 15, at 10 AM Saturday morning
Register at www.marsh.com
Fee is $18.00 per class
Mats will be available. Wear comfortable clothes.