

Looking for a new way of life

DISCOVER THE ANCIENT SCIENCE OF KUNDALINI

Kundalini taps into the universal life force that has been practiced for centuries in India. it incorporates the physical, the mental, and spiritual aspects of yoga into a cohesive and integrated system.

The benefit of kundalini yoga impacts the entire body system and include enhanced health and well being, greater physical flexibility, and stronger immune, digestive, eliminative and nervous system.

ABOUT THE TEACHER:

Simran Sangeet Kaur is a certified Kundalini Teacher Level 1 from KRI - Kundalini Research Institute.

She is also certified REIKI HEALER, Level 1.

For inquiries, follow us on Facebook or Instagram
@simransangeetkaur



*Kundalini Yoga
& Meditation*

Now at Tamarin Center

Led by Simran Sangeet Kaur, Teacher Level 1
As taught by Yogi Bhajan