

KUNDALINI YOGA & DOUBLE GONG BATH with Hari Kirn & Sat Kartar



August 18, 2019
Spirit Room, 111 Broadway N - Fargo

2:30 to 4pm

Transform unhealthy habits into creative possibilities

This class will help shift your unhealthy habits to develop more sustaining ways to handle the challenges of our times.

5:30 to 7pm

Double Gong Bath

The gong is a sacred and ancient instrument of deep healing, rejuvenation and transformation. We begin with breathing and stretching warm ups that prepare you to receive this healing sound bath.

Workshops are \$40/class

Early Bird Rate: \$30/class

Early Bird Rate ends August 9th

We are excited to announce a series of opportunities with Houston-based Hari Kirn and Sat Kartar Khalsa, both students of Yogi Bhajan since the early days of his teachings in the United States. Please join us for this unique opportunity!

Heart & Soul Support with Sat Nam Rasayan

Monday, August 19

9:30 / 10:30 / 11:30

45-minute healing sessions focus on energy support for glands, chakras, 10 bodies, business, relations, your requests/intentions. Basic Tibetan numerology also available upon request.

Book your session today!

Cost: \$100

To register or for more information: 218-407-7266 / myembodiedwisdom@gmail.com



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