



# KUNDALINI YOGA AND MEDITATION

FOR FOCUS, VITALITY, STRESS-MANAGEMENT, AND DEEP RELAXATION

**THURSDAYS 12:00 - 1:00 PM\***

**\*SUBJECT TO CHANGE, CHECK SCHEDULE**

**RICHLAND COMMUNITY COLLEGE**  
FITNESS CENTER

## **Benefits of Kundalini Yoga:**

- Strengthen and balance the nervous system
- Increase flexibility and strengthen core
- Expand lung capacity and alleviate stress
- Increase focus and mental clarity
- Develop the power of the conscious mind
- Balance hormonal glands and purify the blood



Gabriela Brunner delivers the experience of Kundalini Yoga and Meditation as taught by Yogi Bhajan, Ph.D. She is a KRI-Certified Instructor at the 200 hour level.

Questions: contact Gabriela at [gbrunner@richland.edu](mailto:gbrunner@richland.edu)