



FEBRUARY 15, 2020
OPEN YOURSELF TO THE FLOW OF ABUNDANCE
WITH KUNDALINI YOGA

The Workshop Practice includes the following:

- Ten Guiding Principles of Prosperity Consciousness
- Exercise to Invoke the Wealth of the Universe
- Prosperity Affirmation
- Meditation for Prosperity
- Millionaire Mantra (Chant) Handout
- Gong Healing Sound for Emotional Release & Transformation

This practice is for students at all levels. Equipment and writing tools will be provided.

About the Instructor:

Dr. Irina Zlatogorova-Shulman (a.k.a. Taran Vedyā Kaur) is certified in Kundalini Yoga as taught by Yogi Bhajan®. She has been practicing various styles of yoga for the past 15 years and Kundalini for 9 years. Irina is an author, speaker, and Adjunct Faculty at Southern New Hampshire University.

**ABUNDANCE AND
PROSPERITY WITH
KUNDALINI YOGA**

FEB. 15TH, SATURDAY
@ 6-7:30 PM

**PRACTICE
MEDITATION, KRIYA
(EXERCISE),
AFFIRMATIONS &
RELAXATION WITH
GONG HEALING
SOUND**

COST: \$25
**(ADVANCED
REGISTRATION
REQUIRED)**

**PAY VIA , CASH
OR CHECK**

SALTERNATIVE SPA

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