



“Every beat of your heart is the rhythm of your soul. The voice of your soul is your breath.”
– Yogi Bhanan

Monday Evening Kundalini Yoga

Start the week on a positive note. This class is open to everyone – whether you’re experiencing yoga for the first time or are a veteran yogi. It is recommended that you dress in comfortable clothing and bring a yoga mat and blanket with you. Please arrive between 7:00 and 7:10pm to give yourself time to settle in. The class will start promptly at 7:15pm.

Kundalini Yoga as taught by Yogi Bhanan has a strong physical component, with more of an emphasis on dynamic movements than on static postures, and draws on the power of the breath (pranayama). Meditations, both with and without mantras, help to build mental discipline and cleanse unhealthy mental patterns. Students are encouraged to practice Kundalini Yoga in all aspects of their life by being conscious of their breath, mind and posture and by adopting healthy lifestyle choices.

Tim Stringer (Rama Singh) discovered yoga and meditation in 1995, just as it was starting to rise in the mainstream. His passion for this ancient practice inspired him to become a certified teacher in 1999. Since then he has taught well over a thousand yoga classes to literally thousands of students across Canada and his enthusiasm for yoga is stronger than ever. He has a playful, but disciplined approach to teaching and frequently reminds his students (and himself) that learning to lighten up is a key step on the road to enlightenment.

Where:

Personal Best Exercise Therapy
731 W 16th Avenue, Vancouver
(between Willow and Heather)

When:

Monday Evenings
7:15-8:45pm

Introductory Fee:

\$12 Per Class
Cash or Cheque

Questions?

Contact Tim Stringer (Rama Singh) at
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