

KUNDALINI YOGA 10 BODIES WORKSHOP



Saturday March 17, 2012

12:30-3:30pm \$50 (members \$45)

with Laara Delain

Experience all of your 10 Bodies

1st - Soul Body

6th - Arcline

2nd - Negative Mind

7th - Aura

3rd - Positive Mind

8th - Pranic Body

4th - Neutral Mind

9th - Subtle Body

5th - Physical Body

10th - Radiant Body

The human body is made up of ten bodies: the physical body, three mental bodies, and six energy bodies. The eleventh embodiment – when all ten bodies are under your direction – produces a pure state of consciousness when you have the ability to see all, do all and have all!

In this workshop we will tap into each body through the practice of Kundalini Yoga and Meditation. This journey will deepen as you will be introduced to your Gift, your Soul, your Karma and your Destiny through the sacred, science of Tantric Numerology.

**Discover how Numerology ties into your ten bodies!
What are your numbers? Come and find out!**

REGISTER: 780-416-4211

WWW.YOGAFORTODAY.CA

