

# Kundalini Yoga



*Where the breath goes the mind follows....*

*Leah Reade at 971-388-8522*

## *Some Benefits Include:*

- Strengthens the nervous system*
- Balances Emotions*
- Enlivens sense of awareness*
- Increases energy level*
- Brings clarity to the mind*
- Encourages sense of peace*
- Reduces stress*
- Increases lung capacity for better breathing*
- Strengthens the immune system*
- Supports and encourages personal transformation and growth*
- Orients consciousness to create happiness and health*

*Every Saturday 10am \$10 - Starting February 6th  
First class 10am-12pm - Classes after that are 10-11am*

*H.O.M.E. Center  
3892 Lancaster Dr.  
Salem, Oregon 97305*