

# Kundalini Wave & Music



Join me for a class of beautiful roots yoga practice. Kundalini Yoga and Meditation give you excellent tools for opening your heart and abiding in great strength and soulfulness for these times and the times ahead.

*Anahata*

Our foundation is our most vital and sacred resource, the breath. So this is where we will start.

Next a warm up with hip openers and a move on to kriya (a sample of meditative moving exercise)

Our class will finish with sacred sound meditation of yogic origin, the oceanic sound of the gong for shivasana and a western tune to join in.

**Sunday September 25 6:00 - 7:15 pm**  
**at YOGA IN COMMON in the Market Common**  
**3080 DeVile Street Myrtle Beach SC 29577**  
**843 385 6176 or 843 839 9636 \$10**  
**more info? [anahat@yogaandwellness.com](mailto:anahat@yogaandwellness.com)**  
**suitable for all levels of yoga experience**