

Lotus Rising



*A Three Week Series
with
Navjot & Nina Berry*

3 weeks!
Tuesday
June 1, 8, & 15
7:00 pm -
9:00 pm

The Lotus flower has long been a symbol of beauty, purity, transcendence and spiritual awakening. Many Kundalini Yoga kriyas and meditations utilize the power and form of the lotus to unlock and activate the physical, mental and spiritual capacities of an individual. Yogi Bhajan said of the lotus: "It unites spirituality into the reality of the Oneness of God and Light." Join Navjot Kaur and Nina Berry as they explore these powerful teachings.

Week 1: Breaking the Mask: Release negative thought forms and patterns to connect with the authentic, radiant self

Week 2: Awakening Intuition: Activate the inner light of wisdom for greater depth, clarity and projection

Week 3: Blossoming into your destiny: Enter the Universal flow of Prosperity

A Los Angeles native, Navjot began a Natha practice at 15 before joining the Golden Bridge family in 2004. IKYTA certified in both Kundalini yoga and The Khalsa Way pre-natal training, she has had the blessing to study with many senior yoga teachers and healers. Using the ancient science of Kundalini yoga, mantra & meditation, Navjot encourages students to discover the power of the meditative mind to create a more harmonious lifestyle and planet.

Nina is an IKYTA certified Kundalini Yoga instructor. Nine years ago she took her first Kundalini Yoga class and was transformed forever. Through the practice of this ancient yogic technology she was able to heal and elevate all aspects of her life, and it was this profound experience that inspired her to become a teacher.

\$20 per session;
\$50 for all
3 sessions



GOLDEN BRIDGE
6322 DeLongpre Ave.
323.936.4172

www.goldenbridgeyoga.com