

**Kashi School
of
Yoga**



INTRODUCTION TO KALI NATHA YOGA

With Shakti Durgaya

**Saturday, September 18
1 - 3 pm, \$20**

**Wear
comfortable
clothing, and
bring water**

Kali Natha Yoga involves a series of movements including postures, breathing exercises, mudras, mantras, and meditation designed to help practitioners awaken spirituality and deepen awareness. One can gradually increase flexibility and vital energy, strengthen and tone, reduce stress, and create peace of mind through continued practice.

Kali Natha Yoga extends far beyond the yoga mat. It stimulates the desire to go deeper into one's practice and the passion with which one embraces life. Reaching back to the most ancient roots of yoga, this system of yoga is an aid to health and a profound transformative tool for the spiritual journey uniquely suited to our time.

**FOR REGISTRATION CALL
772.589.1403 x 112**

**11155 Roseland Road, Sebastian, FL 32958
Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**