**LIFE-SOURCE HEALING**

**YOGA & MOVEMENT CLASS SERIES**

***A BREATHTAKING EXPERIENCE !***

**with Jai Kaur**



**For class content questions or to know more about how the material can meet your needs and wants, contact Jai at** [**asanajai@verizon.net**](mailto:asanajai@verizon.net) **; 781-738-1920**

**What?:**

* **Unique and powerful blend of Kundalini Yoga, Qi Gong, Movement Therapy, Breathing Exercise, Meditation, and Sound done from floor, chair, and in standing, (chairs provided upon request)**
* **Mixed ability levels – Individualized attention**
* **Bring mat, sitting cushion, any props you like; water )**

**When?:**

* **8 Mondays, April 17 – June 5, 2023**
* **5:45PM – 7:00PM**

**Where?:**

* **Live, in-person *OR***
* **Virtually through livestream**
* **Location sent upon registering**

**How to Register in advance?**

* **Email or call Jai to register**
* **$160 for 8-week class series**
* **Pay by Check, PayPal, or Venmo**

**Why?:**

**In this class series, get grounded in your Life Source in a supportive community of co-explorers to the inner terrains of Body, Mind, and Spirit, to feel your best on this journey through life.**

**Timeless, effective practices to help you reconnect with your body, reduce stress, and improve mind function, for a healthier, resilient, adaptive, and more powerfully present you !**

**Who?**

**Open to all new or experienced students of mindfulness-based and embodied practices, who want to take their vitality and strength to higher levels.**

***This class series is for YOU, if you want to:***

* **Improve Immune Function**
* **Reduce anxiety, depression and mood swings**
* **Release patterns of pain and tension such as sciatica, back and neck pain, headaches, etc**
* **Increase joint health, i.e. range of motion, balance, and general flexibility**
* **Strengthen and expand the lung capacity to build stamina**
* **Overcome unwanted habits and adopt more life-affirming ones**
* **Improve sleep and overcome the late afternoon slump**
* **Explore the energy body - transform low energy in just a few minutes**
* **Learn and integrate daily rejuvenating self-care routines**

**About Jai: *“I have dedicated my life to healing and to helping myself, my students, clients, and others live in our bodies with greater ease, energy, embodied awareness, and less pain and dis-ease. My teaching and wellness services as a Yoga & Movement Teacher (18 years), Ayurvedic Wellness Consultant (10 years), Reiki Master, Massage & Bodywork Therapist (30 years), and Certified Lymphedema Therapist (1 year), offer unique and effective practices and tools to maintain health. It is a very dynamic time to be alive and I invite you to awaken to a new way of being in your body, to heal yourself, others, and the planet. Join me for a truly BREATHTAKING Class Series! “* ~Jai Kaur**

*All practices and processes shared in these classes are intended for informational and self-improvement purposes only, and are not intended as a replacement or substitute for professional medical treatment or medical advice relative to a specific medical question or condition.*