



# Ana Brett • Ravi Singh Kundaini Yoga Cleanse: Lighten Up and Purify!

Sun.  
March 8th  
1 - 3 p.m. \$40

ALL LEVELS  
WELCOME!



1512B  
Palos Verdes Mall  
Walnut Creek, CA

Time to purify for Spring! Our level of purity determines how we feel, look, and think! Even if our diet is perfect we're constantly absorbing toxins from the environment. Kundalini Yoga is one of the most powerful tools to purify and rarify so that we can be energy conduits and attain glowing super health. Not only will we be working on detoxing our inner organs and bloodstream, well also be purifying the nadi system, subtle energy flows that facilitate a dimensional leap. In the Yoga Cleanse workshop you'll experience a dynamic and fun Kundalini Yoga workout and make great gains on the inner planes! Also included will be a sonic healing to the transcendent sounds of live gong music. **ALL LEVELS WELCOME!**



Ana Brett and Ravi Singh are authors of 24 DVD's and a forthcoming book. They've trained 300+ Kundalini Yoga Teachers. "Our primary objective", say Ana & Ravi," is to help people learn to live a healthy and happy, and peaceful life of positive challenge and growth. They teach a system of exercise, meditation, and life which fully integrates body, mind, and spirit." Their approach is powerful, inspiring, moving, and fun!

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