



**Kundalini Yoga Meditations
Capturing the Energy of the New
Moon for Fruitful New
Beginnings**

**Monday, January 26, 2009
8:30 PM to 9:30 PM**

***Love Offerings to the DePelchin
Children's Center will be accepted***

The new moon gives us a special energy to plant new seeds for abundance and prosperity in all areas of our lives. It is a time to bless with positive vibration new beginnings and to claim from the universe all that we need to manifest for the greater good.

Come join us on this special evening as we join together in echoing ancient sacred mantras that create a state of calm and bliss necessary for attracting joy and harmony to ourselves, to those we hold dear, and to the community and universe(s) of which we are a part. This is also an opportunity to create a sacred space for considering or reinforcing that which we will chose to claim in our lives in the weeks, months and years ahead.

We will be doing a short yoga set as a meditation/mantra facilitator so please do not eat at least two hours before class. Bring a comfortable cushion and a light shawl or blanket. Yogi tea and snacks will be served prior to our mantra meditation.

This event is being offered on a love offering basis. Proceeds will benefit new beginnings for the children of the DePelchin Children's Center.

**Classes offered at Yoga West Yoga Studio
2430 North Fry Road, in the Westlake Family Clinic Building**

Daljeet Kaur is a Kundalini yoga teacher certified through the International Kundalini Yoga Teacher's Institute and is a frequent instructor of Kundalini Yoga classes at Yoga West.