



## Kundalini Yoga, Pranayam, and Relaxation

Monday, January 15 – March 18, 2024

6:30 PM – 7:45 PM

\$225.00 for Ten-week, Class  
(in-studio & on-line)

with Jai Kaur Annamaria San Antonio  
LCMT, CLT, NCTMB, E-RYT500

The Steinberg Wellness Center for Mind and Body  
at Emerson Hospital  
310 Baker Ave Concord, MA 01742

Register here: <https://www.emersonwellness.org/>

Emerson Wellness has a new registration platform. So, if you have difficulty call The Steinberg Center at 978-287-3777

Or contact me and I will help get you signed up.

[www.JaiKaurHealingArts.com](http://www.JaiKaurHealingArts.com) 781-738-1920

### **All Levels Yoga !**

Kundalini Yoga Kriyas (yoga sets), promote self-healing in body, mind, spirit, and soul.

Starting with easy warm-ups and pranayam (breathing exercises), we enter a process that releases the controlling mind and helps us drop down into more body and heart-centered space. This redirects the flow of prana and energy as we move with sensory awareness into the Kriya.

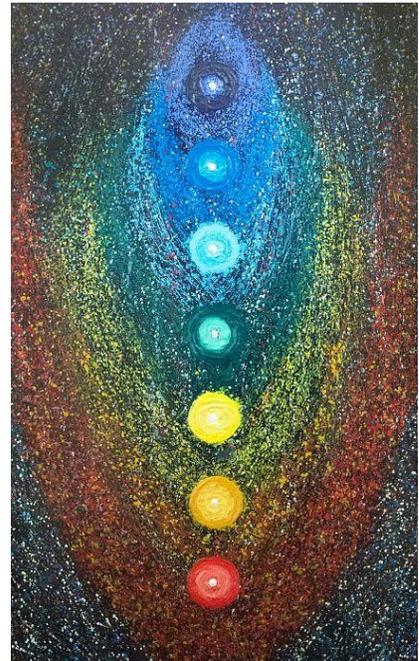
The various Kriyas are designed to work on specific systems and have powerful effects on the physical, mental, and energy bodies.

Suitable for adults of all body types, the class blends floor, chair, and standing poses and exercises, along with personal modifications to meet the needs of a mixed-level class.

### KEY FEATURES OF THIS CLASS:

- Release negative energy, and transform stressful mind & body habits to invite more ease, and joy
- Open energetic pathways in the body and balance the elements to restore balance and harmony

- Practice precious Breath rehabilitation and exercises to open and heal the heart & lungs
- Improve alignment & Explore pivotal movements to loosen chronic tension and increase mobility throughout the body
- Learn key natural remedies & healthy dietary tips from Ayurveda to adapt to seasonal changes



I'm Jai Kaur Annamaria San Antonio, E-RYT500, Level II teacher of Kundalini Yoga and Meditation with 500+ hour IKYTA yoga training and 22 years experience as a Movement Educator experienced in various movement-based systems including Movement Intelligence™ (aka Bones for Life™, an adjunct to the Feldenkrais Method), Bellydance, and Qi Gong.

Drawing from over 30 years of practice as a licensed and certified Massage & Bodywork therapist, I love to guide students as they navigate the terrains of anatomy, physiology, the tissue layers of the body and its restrictions and bring awareness and light to the corresponding energy and subtle body pathways.

Most often students experience great improvements in well-being, and enhanced quality of life as they apply the principles and practices learned in class into all area of their lives.

[www.JaiKaurHealingArts.com](http://www.JaiKaurHealingArts.com) 781-738-1920