

Kundalini Yoga Retreat



May 12

9 a.m.-3 p.m.

JOIN VELVET FOR A JOURNEY OF SELF DISCOVERY

SPEND THE DAY IN SELF-EXPLORATION THROUGH BREATH, MOVEMENT AND MEDITATION. KUNDALINI YOGA IS A TECHNOLOGY FOR HAPPINESS THAT MEETS YOU WHERE YOU ARE AND IS SUITABLE FOR ALL LEVELS (FROM EXPERIENCED YOGIS TO NEWBIES).

THIS PRACTICE SUPPORTS YOU IN BRINGING YOUR BODY, MIND AND SPIRIT INTO ALIGNMENT, WHILE RELEASING STRESS AND SELF-JUDGEMENT.

WE WILL END THE DAY WITH A STONE PEOPLE ELIXIR MEDITATION

COST- \$45

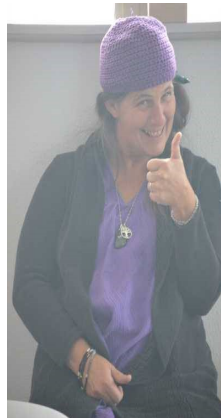
(INCLUDES LUNCH)

FPCC

DUMONT BUILDING

301 BENTON STREET

WOLF POINT, MT



**FOR INFORMATION OR TO ENROLL
CONTACT:**

VELVET AT

406-250-4560

KITTY KOLDEN

406-230-0002

Please bring a yoga mat and blanket, a scarf or hat to cover your head and a water bottle. Blankets, mats and cushions are available if you don't have your own.

Velvet (also known as the Disheveled Yogi) has practiced Kundalini Yoga for 15 years and became a certified instructor in 2012. Today, she has a thriving Whitefish practice.

For those who are committed to self awareness but can't afford tuition, a limited number of scholarships will be available.