

# KUNDALINI YOGA

Instructor: Swami Dev Singh Khalsa



Experience increased energy and vitality, stress reduction, mood control, and overall peace of mind. Drop-In Fee \$15 in advance and present receipt to instructor prior to class.

Bring an exercise mat and water.

Ages 12+

130150-40 5/6-6/10 Fridays 6:30-8:00 pm  
6 classes \$72 resident fee/\$79 non-resident fee

130150-50 7/8-8/19 Fridays 6:30-8:00 pm  
7 classes \$84 resident fee/\$92.50 non-resident fee

Register online at [www.cityofcarrollton.com/signupnow](http://www.cityofcarrollton.com/signupnow)

Classes will be held at Rosemeade Recreation Center

1330 E. Rosemeade Pkwy

972-466-9800