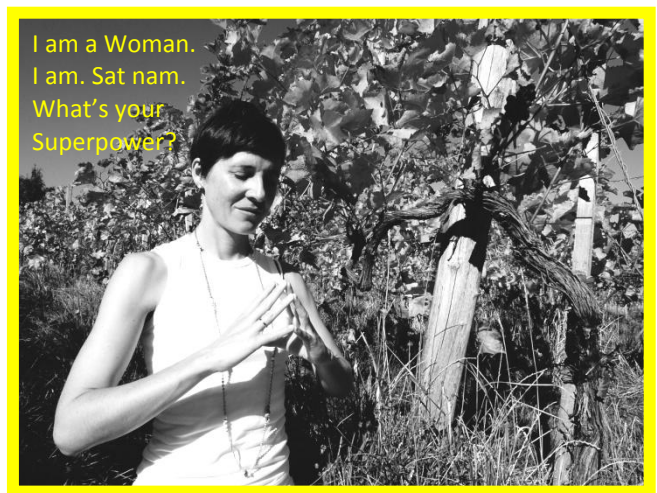


KUNDALADIES

“I am a Woman”

Kundalini Yoga for Women.



You are strong and soft. Wild and gentle. Giving and receiving. **Free** in spirit and held by the ties of those who love you. You are gifted with that immensely powerful, creative, feminine energy that allows you to birth any new idea - and new life.

In this course we create space for you being a woman – both within and without. **Within** your body, your mind, your heart and your soul. **Without** by making time in your schedule to take care of yourself.

The ancient practice and philosophy of Kundalini Yoga offers numerous Kriyas (yoga sets) for women only as it acknowledges a woman’s **unique** body, mind and spirit and special role within society.

In this 4-week course we will practise some of these Kriyas to support our hormonal balance, our vitality and sexuality and our heart centre’s energy. We will find silence and sound, stillness and movement, mindfulness and awareness.

When: Friday mornings (17.11./24.11./1.12./15.12.) 10-11.30 pm

Where: citySTILLE – Mindfulness Centre Vienna, 1020 Wien, Hollandstraße 18

Costs: 72€ full 4-week course (pls book in advance)

19€ drop in (get in touch to check availability!)

Booking: Contact Elisabeth or click REGISTER on the www.citySTILLE.com

Payment: Cash on arrival or bank transfer

Mag. Elisabeth Mitterrutzner – KRI certified Kundalini Yoga instructor

queenlis2@hotmail.com / www.facebook.com/SoulbreathYoga / 0650 907 3553

On arrival, we’d love to offer you a fine cup of tea for you to settle in and relax - about 15 minutes before class starts would be just about right. Please wear your comfy clothes – everything else, such as yoga mats, blankets and cushions are there for you at citySTILLE.