

Cleanse and Communicate with a Joyful Heart

A 9 class Kundalini Yoga Zoom series with HarDarshan

All classes will be held on Thursdays from 6-7:30 pm eastern time.

Note that recordings of each class will be made available to all registrants!

Dates and topics:

April 6: Spring Cleanse and Detox, featuring the Kriya for New Lungs and Circulation and Nadi Cleansing Meditation

April 13: Spring Cleanse and Detox, featuring the Kriya for Bodily Adjustment and Lymph Cleansing, and Meditation with Sitali Pranayam

April 20: Honoring Earth Day by tuning into Gaia Consciousness, featuring the Kriya for Skull & Pelvic Bone Adjustment, & Effective Communication Meditation to prepare us for Mercury Retrograde!

Note that there is no class on April 27!

May 4: Preparing for the Lunar Eclipse and Healing the Heart, Kriya for Magnetic Field & Heart Center, & the Liberated Heart Meditation

May 11: Focusing on Communication for the last few days of Mercury Retrograde, Kriya for Adjusting the Centers of Interconnection & Intercommunication, & Meditation for Balancing Projection with Intention

May 18: Trust and Surrender, featuring the Kriya to Relax and Release Fear, and Meditation for Gurprasad

May 25: Joy, Epictasis, Endless Joy!, featuring the Kriya for Keep Up Spirit and the Meditation for Self-Stimulation into Ecstasy

June 1: More Spring Cleanse and Detox!, Kriya to Cleanse the Body & Disease Prevention, & Meditation for Breath Purification & Navel Energy

June 8: Finishing with more Spring Cleanse and Detox!, featuring the Kriya Cleanse the Colon and Pranayam Cleansing Meditation.

Fee is \$165 for all 9 classes

Drop-ins are welcome for \$22 per class. Contact HarDarshan: 919-257-7814, or email hardarshan@sacredlistener.com.

Payments can be made via PayPal to hardarshan@sacredlistener.com Mailing check or cash to: HarDarshan Khalsa, 305 Glenwood Drive, Chapel Hill, NC. 27514, or call me with your cc and I will bill through Square.

Once I receive your payment, you will be sent the zoom link the night before each class.