

# Introduction to : Kundalini Yoga & Meditation for Health & Vitality

*Enhance vitality and immunity, cultivate a strong nervous system & release stress.*

*Learn new skills and practices you can integrate into your daily routine.*

*Experience deep relaxation to reset & rejuvenate your nervous system through breathwork, yoga, meditation & deep relaxation with live music.*

Six Week Course - Drop in €12 / €15 euros | Six weeks €65 / €80

Contact Sharon on 0871550473 or [soulalliancehealing@gmail.com](mailto:soulalliancehealing@gmail.com) to book your place

<p><b>Week 1</b> - 14th January</p> <p>Building our Disease Resistance</p> <p>Meditation for a Calm Heart &amp; Emotional Balance</p> <p><b>Week 2</b> - 21th January</p> <p>Foundations for Infinity - Expand your Horizons</p> <p>Meditation for Strong Boundaries</p> <p><b>Week 3</b> - 28st January</p> <p>Elevation - Uplift your Spirit</p> <p>Meditation to clear the way ahead</p> <p><b>Week 4</b> - 4th February</p> <p>Being &amp; Essence : Awakening Awareness</p> <p>Meditation for Constant Self Authority</p> <p><b>Week 5</b> - 11th February</p> <p>Nourishing a healthy open heart</p> <p>Meditation for Balance - Beyond Stress &amp; Duality</p> <p><b>Week 6</b> - 18th February</p> <p>Building capacity : strong lungs, magnetic field and deep meditation</p>	<h2>Healing from Within</h2> <p>Classes include chant, breathwork, warm-up exercises, stretching, a focused yoga set, deep relaxation and live music.</p> <p>Bring your yoga mat and/or sheepskin for comfort, a warm blanket and water to drink.</p> <p>Suitable for beginners and people new to Yoga or Kundalini Yoga.</p> <p>Individual sessions available in Scariff and online.</p> <p>More details on <a href="http://www.soulcompass.ie">www.soulcompass.ie</a></p>
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Rejuvenation Meditation

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