

**YOGA West**  
presents



# KUNDALINI YOGA FOUNDATIONS

## CLASSES WITH RAMA T (TIM STRINGER)

**Class 1: The Power of the Breath (Pranayama)**  
Sunday, January 7 | 10-11:30am

**Class 2: Nerves of Steel (Nervous System)**  
Sunday, January 21 | 10-11:30am

**Class 3: Your Guardians of Health (Endocrine System)**  
Sunday, January 28 | 10-11:30am

**Class 4: Beyond Stress: Tapping Into Your Vitality**  
Sunday, February 25 | 10-11:30am

Kundalini Yoga is sometimes called the “mother of all yogas”. A typical class incorporates postures, movement, breathing techniques, meditation and mantra to support enhanced health, focus and connection to purpose. These introductory classes (drop-ins welcome) are designed for people who are experiencing Kundalini Yoga for the first time and for students who want to brush up on the basics. No previous knowledge or experience is assumed, and each class focuses on a specific aspect of Kundalini Yoga.

**Non-Members: \$18 Drop In + tax / or \$15 First Time Drop In + tax**

**Members: use your class package**

TIM STRINGER (RAMA SINGH) has been teaching Kundalini Yoga since 1999, is a professionally trained co-active coach and is the founder of Technically Simple. Drawing on his engineering background and years of corporate experience, he supports people all over the world in living healthy, fulfilling and productive lives.



**For more information visit [yogawest.ca](http://yogawest.ca) or call 604-732-9642**  
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