

KUNDALINI

THE YOGA OF FIRE AND LIGHT

How to Enter the Transcendental

with **Jeffrey Armstrong Kavindra Rishi**

Kundalini is Sanskrit for the life force and refers metaphorically to the coiled serpent of energy that lies at the base of the spine. The ascent of the kundalini within our own body also refers to the soul's return journey back to the transcendental realms.

The great Vedic yogis and Rishis of India have clearly articulated the differences between the material and transcendental realms. Through yogic and tantric practices the kundalini can be reawakened to allow for greater self-expression, leading ultimately to self-actualization or *moksha*, liberation.

Just as consciousness is distributed throughout our body so all the universes are pervaded by the kundalini. Understanding this all-pervasive intelligence makes us a full and active participant in the mysterious web of life.

*Beyond the blinding light of Oneness
an endlessly diverse and eternally
joyful realm exists.*

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Featuring Pete McCormack
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Whether you are a student, teacher of yoga,
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ONGOING WEDNESDAYS - Series of 10 classes

BEGINNING FEB 18

WHERE: 6300 Danube Rd, Richmond BC
(#2 Rd - South of Blundell)

ARRIVE: 7 pm if you plan to eat

CLASS: 7:30 - 9:30 pm Q&A optional afterwards

COST: \$20 per class (includes soup, chai tea & desserts)

REGISTER: 604-275-6567

Casual "drop-ins" are welcome. Please RSVP
so that we have enough food for everyone.



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