



Healthy Lifestyles | Mind Body Kundalini Yoga

at Gilda's Club Twin Cities

DATE:

Every Other Wednesday

TIME:

6:30-8pm

WITH:

Joseph Wild

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Mind Body Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

All programs and services are offered at no cost.



Yoga is an ancient technology that challenges us to explore the relationship between finite human experience and the infinite experiences of love and creative energy. Kundalini Yoga retains all eight elements of ancient yoga practice. Each class will utilize movement, sound, breath, and meditation techniques to create a space where we can expand our awareness, tap into our infinite potential, and become reacquainted with who/what we really are. All levels of ability and experience are welcome.



Joseph (Ramdeep) Wild was first guided to Kundalini Yoga in 2008, while exploring new tools for addressing a challenging diagnosis. As the practice of these ancient healing techniques has deepened, so too has the commitment to sharing this practice with others. In 2011, Joseph was certified as a Kundalini Yoga instructor and currently offers classes at Nokomis Yoga studio in Minneapolis which helps fund his volunteer class offerings at Pathways in Minneapolis and Gilda's Club Twin Cities.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 612.227.2147 | info@gildasclubtwincities.org

10560 Wayzata Blvd, Minnetonka, MN 55305

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