



We Welcome you to:

**Improve your Health,
Vitality & Strength with Kundalini
Yoga & Meditation**

**“A weekly class to help those recovering from ill health,
immune conditions and problems with addiction.”**

**Every Monday 18:00 – 19.30 at Lighthouse West
London, 117 Lancaster Rd, London W11**

**Kundalini Yoga is a holistic practice that allows you to regain &
maintain a healthy body, mind and spirit.**

Come and:

- **Raise your energy levels, strength and stamina.**
- **Rejuvenate the immune system and the nervous system.**
- **Break through negative ways of thinking and feeling.**
- **De-stress and detoxify.**

- **Bring a yoga mat if you have one.**
- **Wear comfortable, loose clothing.**
- **Suggested donation for the class: £3 - £5.**
- **Please do not come under the influence of rec. drugs or alcohol.**
- **Bring your intention to tap your true potential!**

For more information please call Rafael on: 07900 544175