

# Welcome

**NO CLASS Monday, Memorial Day**

**(Saturday and Sunday Classes Will Meet)**

The Kundalini Yoga Center and Guru Ram Das Ashram provide opportunities to improve your physical, mental and spiritual self. Located in the heart of San Francisco, in the Haight Ashbury, the Center offers ongoing yoga classes, special events, meditations, and alternative healing. Over thirty years of teaching, healing and meditating have created a learning environment that immediately calms the soul as you enter the 100-year-old Victorian.

## **What is Kundalini Yoga?**

Kundalini Yoga is a science of awareness. To cultivate awareness we use exercise and meditation. There is a great variety of techniques and each class is likely to be different. Students do not need extraordinary strength or flexibility to benefit from Kundalini Yoga. They will have opportunities to challenge themselves to expand mentally physically, spiritually. It is not primarily a physical workout; it is not just sitting quietly in meditation. It is a potent combination of work on the nervous system, the glandular system and the immune system. Kundalini Yoga as taught by Yogi Bhanjan has helped many students deal with stress and find relief from many related conditions. Just one class creates a powerful lasting effect. Regular practice opens up vast possibilities for relaxation, health and elevation.

“A *kriya* in yoga is a sequence of postures, breath and sound that are integrated together to allow the manifestation of a particular state. When you do a kundalini *kriya* the result of its repetition is the access to, and mastery of a particular,

predictable and stable state – a facet of your awareness.”

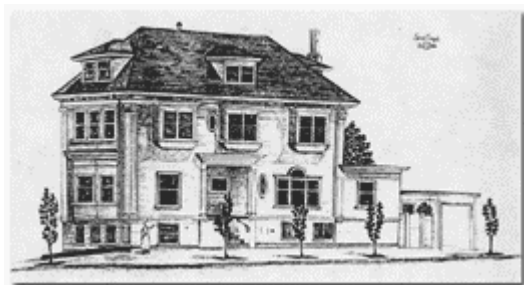
THE AQUARIAN TEACHER

## Learn more about our teacher training programs:

Level 1: [Aquarian Teacher Kundalini Yoga Teacher Training-Level 1](#)

Level 2:

**Guru Ram Das Ashram**



The Kundalini Yoga Center is also known as Guru Ram Das Ashram. The Ashram was founded by a community of students and teachers from the Healthy, Happy and Holy Organization, or 3HO. Some practitioners of the 3HO lifestyle practice the spiritual path called Sikh Dharma. Founded over 500 years ago in India, Sikh Dharma is now a worldwide religion with over 20 million members.

E-mail: [awtarkaur@khalsa.com](mailto:awtarkaur@khalsa.com) Thanks for signing up!

## Stay Connected

Thanks for your interest in joining our mailing list. Please complete the information below & click Sign Up.

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First Name

Last Name

City

#### Email Lists

- Are You a Kundalini Yoga Teacher?
- Are you intersted in teacher training?
- Conscious Pregnancy Teacher Training
- Notify me about occasional major events
- Notify me of Gurdwaras, Kirtans, devotional events
- Send newsletter once or twice a month

#### Sign Up

By submitting this form, you are granting: Kundalini Yoga Center at Guru Ram Das Ashram, 1390 Waller Street, San Francisco, California, 94117, United States, <http://www.iDoYoga.com> permission to email you. You may unsubscribe via the link found at the bottom of every email. (See our [Email Privacy Policy](#) for details.) Emails are serviced by Constant Contact.