

Living In Gratitude Workshop
, Kundalini Yoga, Meditation, Young Living Essential Oils
Hosted by Stacey Vann & Vani Kimbrell



“Your very existence is truth: surrender to it. You will be grateful.” Yogi Bhanjan

Energy follows intention. Wherever you place your attention, your life energy will go there. The intention of this workshop is to cultivate **An Attitude of Gratitude**. Kundalini Yoga opens the individual to the truth of our existence as well as the celebration of joyful and grateful living.

DATE/TIME: Sunday, November 1st, 2009 10:00am – 12:30pm

LOCATION: Abhaya Yoga Center
415 a N. Tarragona Street

COST: \$30.00