

Soul Vibes With Natalie

# KUNDALINI YOGA DEMYSTIFIED: A BEGINNER'S GUIDE AND LECTURE



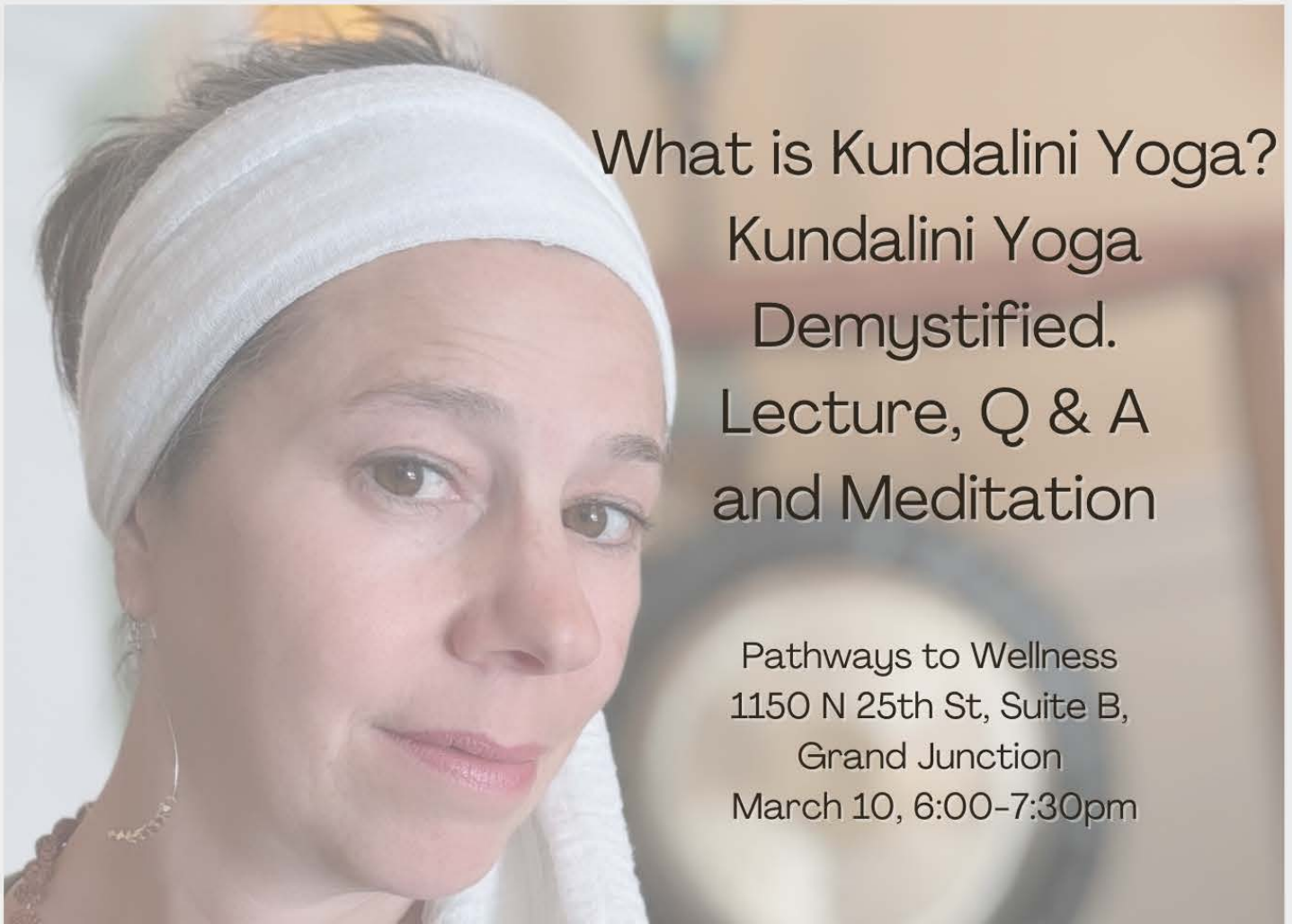
Join Natalie (Upma Kaur) for a lecture, Q & A and meditation to learn more about kundalini yoga.

What is the difference between Kundalini and the other yogic practices, the benefits and how it increases self awareness and consciousness.

Pathways to Wellness  
1150 N 25th St, Suite B  
Grand Junction, CO

6 -7:30pm  
**March 10, 2025**

**To register sign up at**  
[www.SoulVibesWithNatalie.com](http://www.SoulVibesWithNatalie.com)  
Walk ins are welcome  
Donation based



What is Kundalini Yoga?  
Kundalini Yoga  
Demystified.  
Lecture, Q & A  
and Meditation

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