

Thursday, October 26, 2023 - Saturday, October 26, 2024

## Kundalini Yoga and Meditation

Company: RA MA Yoga New York

Venue: RA MA Yoga Institute New York

Location: New York, NY

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A unique and powerful form of yoga that can be particularly beneficial for dancers. It focuses on activating and harnessing the dormant energy at the base of the spine, often referred to as "kundalini energy." This energy is believed to be a source of vitality, creativity, and spiritual awareness. It promotes physical fitness, mental well-being, and a deeper understanding of the connection between body, mind, and spirit.

RA MA Yoga New York

125 Stanton St

New York, NY, 10002

<https://ramayogainstitute.com/new-york/>

Schedule

October 26, 2023: 9:00am, 11:00am, 5:30pm, 7:00pm

October 27, 2023: 9:00am

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