

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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