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

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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