

January 20 - June 30, 2026

Community Kundalini Yoga: Rhythm and Resonance

Company: Rhythmic Arts Center NYC
 Venue: Rhythmic Arts Center NYC
 Location: New York, NY

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This Kundalini Yoga class is an invitation to experience rhythm as a living force within the body. Rooted in breath, movement, mantra, and sound, the practice explores how inner rhythm shapes energy, emotion, and expression. Guided by the philosophy of Rhythmic Arts Center NYC, we work with cyclical patterns - pulse, repetition, cadence, and stillness - to awaken the nervous system and attune the body to its natural timing. Dynamic kriyas flow like musical phrases, breath becomes percussion, and mantra carries the vibration of voice as rhythm.

This class supports nervous system regulation, creative flow, and deep listening - both inward and outward. No prior Kundalini experience is required; all bodies and rhythms are welcome. Come as you are. Move, breathe, chant, and rest.

Rhythmic Arts Center NYC
 175 E 105th St.
 New York, NY, 10029
 347-262-2502
[https://rhythmicartscenternyc.as.me/schedule/b28093bd/?categories\[\]=Dyal Chand](https://rhythmicartscenternyc.as.me/schedule/b28093bd/?categories[]=Dyal+Chand)

Schedule
 January 20, 2026: 6:00pm
 January 22, 2026: 11:00am
 January 27, 2026: 6:00pm
 January 29, 2026: 11:00am
 February 3, 2026: 6:00pm
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