

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

[more](#)

[< back](#)

[previous listing](#) • [next listing](#)