

Kundalini Yoga Sadhana

Date: EVERY Saturday
Time: 4:30 am - 7:00 am
Repeats: This event repeats every week.
Location: 2785 N.E. 183RD STREET/THE BISCAYNE INSTITUTE FOR
HEALTH AND LIVING
City State Zip: Aventura, Fl
Phone: AMRITA 954-983-5127/305-318-8731
Notes: The Teachings of Yogi Bhajan by Yogi Bhajan

"Sadhana, daily spiritual practice, is the base, the foundation of all spiritual endeavor. Sadhana is your personal, individual spiritual effort. It is the main tool you use to work on yourself to achieve the purpose of life. It can be done alone or in a group. Sadhana is whatever you do consistently to clear your own consciousness so you can relate to the infinity within you. Before you face the world each day, do yourself a favor and tune up your nervous system and attune yourself to your highest inner self. To cover all your bases, include exercise, meditation, and prayer."

What to Wear: White Comfortable Clothing and something to cover your head. White enhances the aura and strengthens the magnetic field. Being in this environment offers participants a chance to experience this aspect of the technology. Because of this, you will see a lot of people wearing turbans and white clothing.

No fee
Donations appreciated...

Join us after for "YOGI TEA & Snacks"