

Kundalini Yoga Immersion & Gong Bath with Iris Eplan



Saturday March 17, 2018 3:00-4:30pm

Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. In this workshop we will focus on the ancient tools and techniques of kundalini yoga to sharpen those skills of living, so you can amplify the joy in your everyday life. We will relax into the vibratory space of the gong in an extended healing gong bath and we will end the class in a meditation to gain access to your neutrality.

Iris Eplan is a KRI Certified Kundalini Yoga teacher, as well as a graduate of Crown of Eternity's gong resonance training program level one. As a professional singer, the sound current resonates with her on a deep level. She is excited to share the gong—the intuitive art form that heals the parasympathetic nervous system through its vibrations.



There are no prerequisites for you to gain the benefits of Kundalini Yoga. That's because Kundalini Yoga is for everyone. All are welcome!

Investment: \$35, pre-register at the studio or online, www.yogalifepw.com