



# Supporting Successful Intentions in the New Year with *Kundalini Yoga*

## ***New 6-week session begins February 21!***

(We will take a break mid-session for Spring Break & resume the following week.)

***Sundays 11:30—1:00 pm***

***New to Kundalini Yoga? Please feel most welcome to join us for the first class of the session & give it a try at no obligation to commit to the full series.***

***Kundalini Yoga***, a kriya based practice, is an ancient, time tested science which works on many different levels by strengthening & revitalizing the whole body; bringing balance to the nervous system, the glandular system & one's internal organs, which in turn supports strong emotional balance, clarity of mind, focus & increased creativity. Balance is achieved through breathing, stretching, specific yoga positions, dynamic movement, and deep meditation. ***Kundalini Yoga is appropriate for all shapes, sizes & levels of fitness, from the beginner to the athlete or well practiced yogi.*** Appropriate challenge for all will be found as we work towards renewal & balance of the body, mind & spirit, in a friendly, noncompetitive environment.

**1st class: \$17  
6-week series:  
\$78**

The \$17 fee for the first class will be applied to the series tuition if you decide to continue for the entire session.

Drop-ins welcome there after at \$18 per class.

**Serenity Yoga & Pilates  
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Just off the intersection of Scott & Rochester

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Taught by Jennifer Deslippe (JaiHari Kaur), an International Kundalini Yoga Teacher Association (IKYTA) certified teacher, certified Sat Nam Rasayan® therapeutic meditation practitioner, and former professional ballet dancer. Accumulating over 3,500 teaching hours, she taught actively in the Los Angeles area for the last five years. She is very grateful to have studied with the Master of Kundalini Yoga, Yogi Bhasan, as well as continued study with many esteemed teachers in the field. She has contributed to various yoga programs including The Discovery Channel's FitTV yoga reality show Guru2Go, a yoga demo video for AOL Diet & Fitness, and The Spirit Trainer's yoga DVD.

**Jennifer specializes in communicating the very practical effects of these ancient teachings and how they add benefit to our everyday lives, helping to unlock the potential for excellence within us all.**

