

# Yogi Pride™



Kundalini Yoga & Meditation

**saturdays**

starting May 28, 2011



**Instructor**

Dana (Paramgeet Kaur) has taught LGBTQ Yoga classes as a program at The Infinite since it opened its doors. She is passionate about exploring new ways to be eco-friendly, music, culture, dance, sharing her love for yoga, and building community

## The Infinite Yoga

**description**

Whether you are new to yoga or have been practicing for years. This all levels yoga and meditation class is for you. We will use pranayam (breath work), mantra (sound vibration) and asanas (yoga exercises) to strengthen our bodies and minds.

No experience is needed, just bring yourself and an open mind as we explore new depths of the practice, relieve stress, and strive for optimal health and well-being together with pride.

**12:00-2:00pm**  
**\$11 per class**

**purpose**

All classes are by donation, which does not mean free. Please give what you can.

The suggested donation is \$11. All proceeds benefit The Infinite Yoga Outreach Program. This yoga program serves youth at the FREE LA High School struggling with histories of violence and abuse, mental and emotional health issues, and/or have experience with the juvenile justice system including currently being on probation or house arrest.

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[www.theinfinite.us](http://www.theinfinite.us)



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