



Kundalini Yoga

as taught by Yogi Bhajan



Every Sunday

- Introduction to the Kundalini Yoga techniques @ 17H00
- Kundalini Yoga class @ 17H30 until 19H00

On Thursday

- Advanced Kundalini Yoga class @ 19H00 until 20H30
(by advance booking only)

Learn and practice the basic components used to awaken the soul (bhandas, mudras, mantras, etc.) and experience the amazing power of Kundalini Yoga.

Your instructor has learned the techniques from Yogi Bhajan, has 30 years of experience as Kundalini Yoga instructor and 17 years experience as Holistic Health practitioner.

100 baht for the 30 minutes introduction if you are beginner

300 baht for the 1h30 Kundalini Yoga class

Or 2,100 baht for 8 prepaid classes.

Wearing white cotton clothing for the practice is recommended.

LOI KROH TRADITIONAL THAI MASSAGE & YOGA
Open: from Monday to Saturday 9:00 - 19:00.

1/3 Loikroh road, Soi 3, T. Changklan A. Muang, Chiang Mai 50100 THAILAND

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Thai Healing Alliance International