



SAGE HILLS YOGA & MEDITATION CENTER

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Winterize Your Body!

A new winter series promoting well being with Tera Singh Matsuda. Learn how to do the ancient science of Kundalini Yoga as taught by Yogi Bhajan. Every Thursday starting Oct. 30 @ 6:30-8:00 PM running for 6 weeks, will skip Thanksgiving week, \$48 (\$10 drop in). Beginners welcome!



Some benefits of Kundalini Yoga are:

- **Boost immune system**
- **Strengthen and calm the nervous system**
- **Improved digestion**
- **Reduce stress and balance emotions**
- **Increase energy level**