



YOGA CENTER OF MARIN

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yogacenterofmarin.com

KUNDALINI YOGA

A Workshop with **EILEEN MURPHY**

Sunday, Feb. 24 • 2:00–4:00 PM



EILEEN MURPHY has practiced various types of yoga since 1991. After several back injuries, she was using a cane to get around. After attending a Kundalini retreat six years ago, Eileen has not used a cane. With a strong desire to share this amazing technology to others, she was trained at the Guru Ram Das Ashram in San Francisco.

THIS WORKSHOP

- \$25 pre-registered or drop-in
- Humans at all levels are welcome
- No yoga experience required.

Kundalini Yoga as taught by Yogi Bhanan, is unlike any other yoga you have seen, done, or heard about! Kundalini Yoga is a masterful technology that uses postures, breath, and mantra to prompt all of the body's systems to work as a whole. Kundalini Yoga is the master of energy management. Kundalini Yoga takes the energy within you and sets off a chain of events that will systematically guide that energy through every system in your body to create a state of homeostasis.

Kundalini Yoga teaches us how to be the boss of our nervous system. When we are faced with stressful situations, the immediate response from the body is one of protection. This causes various stress hormones to be released. This initial reaction is part of the autonomic nervous system and is beyond our control. However, what happens after that is absolutely within our control! Kundalini Yoga will teach you techniques to quickly reverse the stress response. What we think dictates how we feel, and in turn, how we react. Because we are human, the goal is not to always feel calm. The goal is a quick turnaround time from stress to ease.

A magnificent 36" symphonic gong is used in class and if all else fails, the gong will gently vibrate every part of your being until that vibration matches that of your intuition... God... Spirit. Its effects are quick and they run deep. It will take you there!

This workshop is accessible to all, and no yoga experience is necessary. It can be done seated in a chair, standing, seated or lying down. We all just do what we can in that moment. Eileen's classes are laced with humor and laughter. No perfection in sight!

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: KUNDALINI YOGA WORKSHOP with Eileen Murphy / Feb. 24, 2019 • 2–4 PM

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 email: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

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