

Dismantling

IN THE NEW AGE

Dismantle old patterns, habits, and addictions that are no longer serving you or the world around you.

Each week you will receive a new technology to help you shift into healthier ways. Some of the tools we'll be using address eating habits, metabolism, anxiety, addictive tendencies, and insomnia.

AN 8-CLASS SERIES



COST

Sundays, 4:30 - 6 pm
January 8 - February 26
Open to all levels of students.

\$80 by January 2
\$108 after January 2
\$15 walk-in

about the instructor:

Valerie (Kulbir) Weir, RYT-500, was trained directly by Yogi BhaJan, who brought Kundalini Yoga to the west. She is a teacher and a teacher trainer who has been practicing Kundalini Yoga since 1974. feel free to call her for more information at (248) 346-2014.