

## **KUNDADANCE classes with Jody in June** **Sundays 10.00-11.15: 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>**

**Wednesdays 11.30-12.45: 8<sup>th</sup> & 22<sup>nd</sup>**



KUNDADANCE is the creation of Maya Fiennes, who I trained Kundalini Yoga with in 2010. It is a combination of dance, yoga and fitness that will take you on a journey through movements that are related to the chakras in your body.

It is a fun, uplifting and creative dance, a combination of powerful asanas, breaths and movements to shake away all your fears and insecurities bringing energy and vibrancy in your life.

KUNDADANCE is a high intensity, cardio, fast tempo workout which stimulates the nervous system, balances the hemispheres of the brain, creates endorphins, serotonin, oxytocin and dopamine which leaves you energized, inspired and at the same time calm and relaxed. There are also sections that are a slow tempo which will create mental strength and balance the body, mind, and spirit. The integration of all 3 is the goal. Only then do we feel complete!



All the music is composed by Maya (she was a concert pianist before she found Kundalini Yoga, to calm her pre performance nerves). I have loved training with her again and look forward to sharing KUNDADANCE with you.

Do come with an empty tum, a yoga mat, open mind, long hair tied up (you will sweat!) light loose clothing, plus something warmer to put on for Shavāsana.

Venue: The Wooden Room at Wealden House, Lewes Road, RH19 3TB

Cost: £13 per session or £22 for 2 in advance

For more information or to book, please email [jody@yogaakasha.co.uk](mailto:jody@yogaakasha.co.uk)

