



# KUNDALINI YOGA FOR DISEMBODYING OPPRESSION

Dive into an 6 week series that explores Kundalini Yoga as it relates to releasing patterns of oppression and unconscious bias. Kundalini Yoga is known as the yoga of awareness and provides a path for noticing and changing our own deeply held patterns. We will explore practices that affect how fear is held in the body, the fight/flight response of the nervous system, the negative/positive/neutral mind, conscious communication, intuitive speaking and intercommunication. No previous yoga experience necessary, the practices are open and available to everyone. Bring a mat, a sense of openness and exploration and your smile.

**WHERE:** River Garden Yoga Center: Lower studio

**WHEN:** 6 Mondays, January 7th - February 11th, 2019

**TIME:** 7:15 - 8:45 pm

**REGISTER:** [www.channingmckinley.com](http://www.channingmckinley.com)

**COST:** \$90

Channing McKinley (Chandra Kirin) has been practicing yoga since she was a teenager. She found Kundalini Yoga 10 years ago and was drawn to it's spiritual depth and how effectively it draws subconscious patterns to the surface so that they can be consciously addressed. She is a chiropractor, craniosacral therapist and yoga instructor who holds a deep commitment to healing on a personal and societal level.

