

Other KUNDALINI YOGA CLASSES and teachers in the Kansas City Area

<u>Teacher</u>	<u>Time</u>	<u>Location</u>	<u>Contact Number</u>
Alan Lippincott	Please call for information on classes.	OP, Kansas and North Kansas City area.	816 529 2771 Private classes arranged.
Karta Purkh Khalsa*	Monday & Wednesday, 2 PM	UMKC	(816) 235-1000
Robyn Green*	Thursday, 6 PM	Body & Soul of KC, 649 E 59 St, KC, MO	816 444 5540
Dr Sarab Nam S* & Nirmal K Khalsa*	Call for schedule	101 E 36th St Midtown, KCMO	816 561 5617 & 816 753 1781
John La Plante* (aka Dev Atma Singh)	Sunday, 11 AM Tuesday, 7:30 PM Thursday, 6:15 PM	Olathe YMCA.	913 782 5136
Bill Miller		Bonner Springs, KS	913 422 7337 (Day #)

*Indicates International Kundalini Yoga Teacher's Association Certified Teachers.

While these classes are generally open to the public, please call the individual instructor to verify cost, space and skill level. Teachers can adjust classes to suit beginning students, but some sessions are taught in series to bring students from a lower skill level to a higher one. Therefore, it may be better for the beginner to start with a beginning level class. If you have any questions please call the teacher listed.

FULL MOON MEDITATIONS – Each month, at 7 PM on the date of the **Full Moon** we gather to complete a **Healing Ring of the Tantra Meditation**. This is a powerful meditation that is done only on the specific dates of the Full Moon to set ourselves for the new lunar cycle.

Please join us at the **3HO Center (3525 Walnut)** in Midtown.

Heart of America Yoga Teacher Training will begin September 2007. Please call if you would like a brochure or if you have any questions about the training.

-816 561 5337-