



Join Us for this Fall 2024 Monthly Class Series

Kundalini Flow



Thursdays from 5:30-6:30pm

See monthly class dates below

Knowing when to apply effort and when to let go and trust the process. We will dive deep into our breath and journey through our bodies with an invigorating Kundalini Flow. Kundalini is the pairing of rhythmic breathwork, mantras, kriyas, meditations, and mudras to tap into the eternal energy within. Using the power of breath and movement to awaken our energy centers and create balance within the chakras.

Suitable for ages 16 and up. Waiver must be signed prior to class attendance. Please bring your own mat and water bottle.

September 19 ~ October 17 ~ November 21 ~ December 19

\$15 per class

Class Size Limited - Please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also works as a Saltologist and Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga and Soothing Sound classes and workshops.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com