



Join Us for this 2025 Monthly Class Series

# Kundalini Flow



**Thursdays from 5:30-6:30pm**

4<sup>th</sup> Thursday of every month - See specific 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.

**\*Registration Required - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. This class is on a pre-pay, non-refundable registration basis.**

**January 23 ~ February 27 ~ March 27 ~ April 24 ~ May 22**

**\$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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)