



Creation Yoga

With Michelle Fiore

Conscious Thoughts from Creation Yoga

May 2013

KUNDALINI YOGA - IN CHICAGO - WITH MICHELLE!!

In a few weeks, I will be a Certified Kundalini Yoga instructor. What an honor! The class being offered is part of a requirement for my certification. It is a "*free*" class, but donations are being accepted by Spirit Rising Foundation.

Consider supporting me as I begin to round the last corner of this 8 month journey - what a transformational experience it has been!

WHEN: Saturday May 18th 10am-11am

WHERE: Spirit Rising Foundation 3717 N Ravenswood Ave, Chicago, IL 60613

If the class interests you but the time does not work, there are 8 other donation based classes going on that weekend - all led by one of my wonderfully gifted fellow trainees!!

Questions?

847-890-8119

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Quote of the Day

"There is nothing outside of us. It's all in us"

-Yogi Bhajan

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