



Creation Yoga

With Michelle Fiore

Conscious Thoughts from Creation Yoga

April 2013

KUNDALINI YOGĀ WITH MICHELLE

WHERE: Northbrook Yoga Center
2827 Pflingsten Road
Glenview, IL.

WHEN: Every Thursday 7:30am - 8:45am

[Co-create the vibration!](#)

I've shared with my students my recent experience in White Tantric (related to Kundalini Yoga) - a full day of experiencing 7 distinctive meditative practices, most of which were 31 minutes long. The experience is shared with a partner & about 150 practitioners in total. The energy collectively created is amazing.....

My intention for the day was to "open my heart" & release some sadness that I had been carrying around. The first exercise was a heart opener. With the mudra (hand seal) that was incorporated, I envisioned squeezing all sadness out of my heart while breathing in newness with every deep inhale. This initial meditation set the stage and I had an overall amazingly energetically infused experience.

The results have been transformative. So much has been flowing in my life since. I've been word-smithing for my upcoming Creation Yoga website (not my natural forte). The writing just flowed & required little revision. My intentions for my Tantric Workshop at Heaven Meets Earth were realized. The list goes on... One of the best fruitions is the start of my **1st REGULAR KUNDALINI YOGA CLASS!!** My regulars know how passionate I have become about Kundalini Yoga & can likely sense my joy!!



Questions about Kundalini Yoga?
Don't be shy...

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Quote of the Day

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

-Yogi Bhajan -
Master of Kundalini Yoga



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