



## EXPERIENCE COMMUNITY

*“The Kundalini Yoga Level One Teacher Training was such a gift in exploration, community, knowledge and self-awareness. I have the deepest gratitude for having had the opportunity to receive this experience and teachings.”*

*LL, Tacoma WA*

Updated January 3, 2016

Monday <i>Tacoma</i>	Tuesday <i>Port Orchard</i>	Wednesday <i>Gig Harbor</i>	Thursday <i>Tacoma</i>	Friday <i>Key Peninsula</i>	Saturday <i>(No Classes)</i>
<b>(Jefferson Park)</b> 253-305-1022	<b>(Givens Center)</b> 253-853-5221	<b>(Harbor Fit)</b> 253-265-5464	<b>(Star Center)</b> 253-305-1022	<b>(Home Fire Station)</b> 253-853-5221	<u>Location Information</u>
		4:00 -5:30 pm <b>Beginning Kundalini</b>	4:15 -5:30 pm <b>Woman's Beginning Kundalini</b>		
5:45 -7:15 pm <b>Beginning Kundalini</b>	<b>5:30 -7 pm Intermediate Kundalini</b>	<b>5:45 -7:15 pm Intermediate Kundalini</b>	5:45 -7:15 pm <b>Woman's Intermediate Kundalini</b>		
7:30 -9:00 pm <b>Intermediate Kundalini</b>	7:15 - 8:45 pm <b>Beginning Kundalini</b>	7:30 - 9 pm <b>Beginning Kundalini</b>	7:30 - 9 pm <b>Beginning Kundalini</b>	8:30 - 10 pm <b>Beginning Kundalini</b>	

**Click Facility Name to Link to Web of that Facility**

(On-line Registration available for Monday & Thursday Tacoma classes)

**Location Maps (Click on Following Facility Names)**

**Jefferson Park (Mondays)**

**Givens Center (Tuesdays)**

**Harbor Fit (Wednesdays)**

**Star Center (Thursdays)**

**Home Fire Station Conference Rm (Fridays)**

**To View a Flyer, of a Class Shown in the Above Schedule, Click on that Class**

(or just Page Down to a Class Flyer)

# Relax & Renew

## Beginning Kundalini Yoga & Meditation

*Come discover why physicians and other health care providers are recommending yoga as one of the wellness tools for our times.*

Kundalini Yoga combines the physical yoga practice with breath techniques for emotional stress relief and with meditation for mental balancing. This yoga can meet us wherever we are in our lives. It's not about doing the perfect posture, but rather about how we can relax into our tightness and limitations with kindness and persistence.

Diane Bunting (Shamsher) will guide you with care and wisdom, giving variations as needed so all can find both comfort and health improvement.

Bring a yoga mat & 1 blanket or pillow. Wear loose comfortable clothing.

### TACOMA MONDAY

5:45 pm - 7:15 pm  
Jan 18 - April 18  
(no class 2/15)

**Cost (13-weeks):**

\$143 - Tacoma resident  
\$153 - non-resident

**Location:**

Studio at Jefferson Park  
801 N. Mason

**To Register:**

Call MetroParksTacoma  
(253) 305-1022  
Or register on-line at  
[metroparkstacoma.org](http://metroparkstacoma.org)

### PORT ORCHARD TUESDAY

7:15 pm - 8:45 pm  
Jan 19 - April 19  
(no class 2/16)

**Cost (13-weeks):**

\$143

**Location:**

Olympic Room  
Givens Center  
1026 Sidney

**To Register:**

Call Diane Bunting  
(253) 853-5221

### GIG HARBOR WEDNESDAY

4 - 5:30 pm OR  
7:30 - 9 pm  
Jan 20 - April 20  
(no class 2/17)

**Cost (13-weeks):**

\$143

**Location:**

Harbor Fit  
8809 N. Harborview,  
#101

**To Register:**

Call Diane Bunting  
(253) 853-5221

### TACOMA THURSDAY

7:30 pm - 9 pm  
Jan 21 - April 21  
(no class 2/18)

**Cost (13-weeks):**

\$143 - Tacoma resident  
\$153 - non-resident

**Location:**

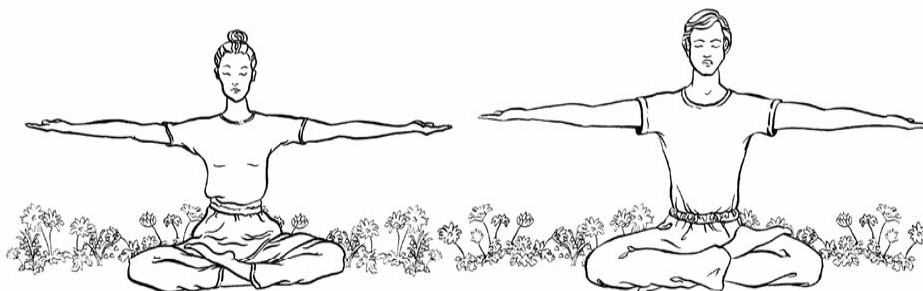
STAR Center,  
3873 S. 66th St

**To Register:**

Call MetroParksTacoma  
(253) 305-1022  
Or register on-line at  
[metroparkstacoma.org](http://metroparkstacoma.org)

For more information, please call Diane or check out the website: [www.yoga-with-shamsher.com](http://www.yoga-with-shamsher.com)  
**Diane Bunting** (Shamsher Kaur), M.S., KRI-certified Yoga instructor, has 40 years yoga experience and truly delights in the sharing of this healing practice.

She draws from her Masters of Science to explain the science as well as the art of yoga.



A Heart-Centered Life!

# Intermediate Kundalini Yoga and Meditation

Love    Compassion    Forgiveness    Gratitude    Trust    Optimism  
Ability to give and receive love    Calm and restful  
Stand in your own truth, while respecting the truth of others

By supporting a heart-centered life through the techniques of Kundalini Yoga & Meditation, as taught by Yogi Bhajan, we nurture these qualities. We reduce stress, revitalize and re-balance, thus flowering into our own innate beauty. Join this class series that will enrich all aspects of our personal lives, and will be offered each week as a humble blessing to ease world suffering.

## TACOMA

MONDAY

7:30 pm - 9 pm

Jan 12 - Apr 13

*(no class 2/23)*

13-wk series:

**\$143 - Tacoma resident**

**\$153 - non-resident**

**The Studio at Jefferson Park**

**801 N. Mason**

To Register:

Call **Metro Parks Tacoma**

**(253) 305.1022**

Or register on-line at

**[www.metroparkstacoma.org](http://www.metroparkstacoma.org)**

## PORT ORCHARD

TUESDAY

5:30 pm - 7 pm

Jan 13 - Apr 14

*(no class 2/23)*

13-wk series: **\$143**

**Olympic Room**

**Givens Community**

**Center**

**1026 Sidney**

To Register:

Call **Diane Bunting**

**(253) 853-5221**

## GIG HARBOR

WEDNESDAY

5:45 pm - 7:15 pm

Jan 14 - Apr 25

*(no class 2/18, 2/25)*

13-wk series: **\$143**

**Harbor Fit**

**8809 N. Harborview**

**Suite #101**

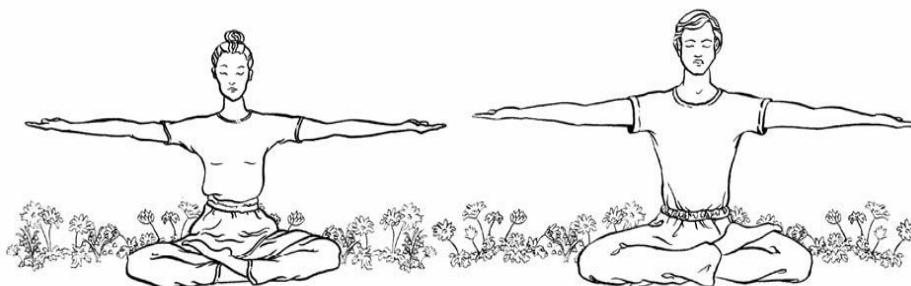
To Register:

Call **Diane Bunting**

**(253) 853-5221**

For more information, please call Diane or check out the website: **[www.yoga-with-shamsher.com](http://www.yoga-with-shamsher.com)**  
**Diane Bunting** (Shamsher Kaur), M.S., KRI-certified Yoga instructor, has 39 years yoga experience and truly delights in the sharing of this healing practice.

She draws from her Masters of Science to explain the science as well as the art of yoga.



# A Woman's Course in Kundalini Yoga and Meditation

## WomanHeart

Our personal, family, professional & global lives call for the empowerment of Heart. According to yogic teaching, women are immensely powerful in our capacity to ground compassion and forgiveness on the planet, because of our commitment to serve the children of Creation. As we clear and revitalize through Kundalini Yoga & Meditation as taught by Yogi Bhajan, we tap into a refreshed life energy and we deepen our inner resources when dealing with stress. Bring a yoga mat & a blanket or pillow. Wear loose comfortable clothing.

### TACOMA THURSDAY

4:15 p.m. - 5:30 p.m.

Jan 15 - Apr 16 (no class 2/26)

#### Cost (13-wks):

\$143 - Tacoma resident

\$153 - non-resident

(*BEGINNING and  
ON-GOING students*)

#### Location:

**STAR Center, 3873 S. 66th St**

To Register:

Call **Metro Parks (253) 305-1022**

Or register on-line at

**[www.metroparkstacoma.org](http://www.metroparkstacoma.org)**

### TACOMA THURSDAY

5:45 p.m. - 7:15 p.m.

Jan 15 - Apr 16 (no class 2/26)

#### Cost (13-wks):

\$143 - Tacoma resident

\$153 - non-resident

(*INTERMEDIATE students only*)

#### Location:

**STAR Center, 3873 S. 66th St**

To Register:

Call **Metro Parks (253) 305-1022**

Or register on-line at

**[www.metroparkstacoma.org](http://www.metroparkstacoma.org)**



For more information, call Diane Bunting at  
(253) 853-5221.

Or check out the website:

**[www.yoga-with-shamsher.com](http://www.yoga-with-shamsher.com)**

**Diane Bunting** (Shamsher Kaur), M.S., KRI-certified Yoga instructor, has 39 years yoga experience and truly delights in the sharing of this healing practice. She draws from her Masters of Science to explain the science as well as the art of yoga. Sat Nam.

Relax & Renew

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Kundalini Yoga combines the physical yoga practice with breath techniques for emotional stress relief and with meditation for mental balancing. This yoga can meet us wherever we are in our lives. It's not about doing the perfect posture, but rather about how we can relax into our tightness and limitations with kindness and persistence.

Diane Bunting (Shamsher) will guide you with care and wisdom, giving variations as needed so all can find both comfort and health improvement.

Bring a yoga mat & 1 blanket or pillow. Wear loose comfortable clothing.

**KEY PENINSULA  
FRIDAY  
January 15 - February 5**

For Beginning and On-going Students

**8:30 am - 10 am**

**4-week series: \$44**

**Home Fire Station conference room  
1921 Key Peninsula Hwy N  
Lakebay, WA 98349**

**To Register: Call Diane Bunting (253) 853-5221**

Or for more information, visit [www.yoga-with-shamsher.com](http://www.yoga-with-shamsher.com)

**Diane Bunting** (Shamsher Kaur), M.S., KRI-certified Yoga instructor, has 39 years yoga experience & has taught over 10,000 hours of Kundalini Yoga over the past 21 years.

Drawing from her Masters of Science & her love for the poetry of Body/Spirit, she delights in the sharing of this healing practice.

