

For women, men & young adults

Kundalini Yoga and a 31-minute Meditation of the Green Tara Mantra

We Pray for our precious World

**We recognize Green Tara's essence
as inseparable from our own.**

A gentle powerful female embodiment
of the miraculous activity of universal Compassion
for the welfare of all living beings.

**We recognize Green Tara's essence
as inseparable from our own.**

Alert, determined & ready to actively help all who call
upon her, Green Tara immediately responds to all who
request her aid, granting protection and
freeing us from fear, obstacles & difficulties.

**We recognize Green Tara's essence
as inseparable from our own.**

She reminds us that Awakening is not an escape or
retreat from difficulties but rather a reaching outward
& embracing the entire world with the love & compassion
of our hearts.

**We recognize Green Tara's essence
as inseparable from our own.**

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Come pray with Shamsher / Diane Bunting

Sunday, December 11 9:45 am - 12:15 pm

The Studio at Jefferson Park, 801 N. Mason, Tacoma \$45

We anticipate this workshop filling quickly; pre-registration is required.

**Through Kundalini Yoga and a 31-minute Meditation of the Green Tara mantra,
we invoke Active Compassion for the welfare of all Beings.**

**For more information or to register, please contact
Shamsher / Diane Bunting (253) 853-5221 shamsher.diane@gmail.com
For a copy of this flyer, go to our website: www.yoga-with-shamsher.com**

**Shamsher / Diane Bunting, M.S., KRI-certified Level 2 Yoga instructor, has 40 years yoga
experience, teaching more than 11,000 hours of Kundalini Yoga over the past 22 years.
She delights in awakening & enlivening the Sacred Feminine.**

