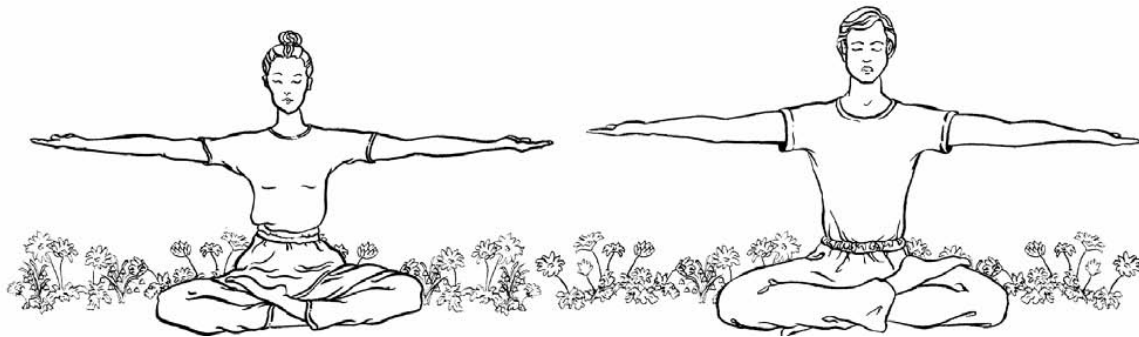


**Deepen your  
Kundalini Yoga & Meditation practice in  
Response to the World**

Facilitated by Shamsheer / Diane Bunting



**TACOMA**

**SATURDAY**

**10 am - 1:15 pm**

**January 25, February 15, March 14 & April 11**

All 4 classes: **\$199**

For 3: **\$156**

For 2: **\$108**

For 1: **\$56**

**The Studio at Jefferson Park, 801 N. Mason**

To Register: contact **Diane Bunting**  
**(253) 853-5221** or **shamsheer.diane@gmail.com**

**The world calls for our engagement to the myriad of challenges  
that are presenting themselves.**

**How will we respond?**

**Kundalini Yoga & Meditation is one of the tools suited to this time.**

An hour+ Kundalini Yoga kriya, a 62-minute Meditation, a Dharma talk  
given by Shamsheer/Diane, a sharing of each other's insights  
through Council, and art/journal play, we build our resilience  
to stay balanced & creative, fluid & grounded.

Also, we generate a body of Blessing, dedicated to benefit All Beings.

For more information, please call Diane or check out the website:

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

**Diane Bunting** (Shamsheer Kaur), M.S., Level 2 KRI-certified Yoga instructor,  
has 44 years yoga experience & has taught more than 11,000 hours of  
Kundalini Yoga over the past 25 years. " I delight in sharing this practice! "