



## 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 Tuesday, September 14<sup>th</sup>, 2020*

Sat Nam, my friends,

*For poetry in motion, see 'My Octopus Teacher' on Netflix.*

**September 14 - 19**

**Upcoming classes in KUNDALINI YOGA / MEDITATION / BREATHPLAY,  
offered by Shamsheer / Diane Bunting**

This coming week, **September 14 - 19**, I will teach **nine classes** (see *the list that follows*), offered to you **free or on a donation basis**.

You are invited to **participate in as many as you'd like**.

Classes are **free or by donation**.

*May they be of service to you during this time of health, societal and climate challenge.*

If **you are able to donate**, you may donate via PayPal, Venmo or a check.

*My gratitude for your generosity in supporting my service as teacher.*

The usual class tuition is \$11 - \$15.

**WEEKLY CLASSES** *(times given are Pacific time):*

**BEGINNING: several beginner levels to choose from .....**

1. **Beginning** – for those who have had an Introduction to the Basics and are continuing their journey as a Beginner.

**MONDAY 5:45 – 7:15 pm**

**THURSDAY 4:15 – 5:30 pm**

**FRIDAY morning 8:30 - 10 am**

2. **Adaptive Yoga / Chair yoga** – for those able to do yoga in a chair and while standing.

**TUESDAY 4:15 - 5:30 pm**

3. **Introduction to the Basics** – for those who want to start at the beginning and build a good foundation.

**WEDNESDAY 5:45 – 7:15 pm**

**INTERMEDIATE** - for those who wish to strengthen and deepen their practice.

**MONDAY 7:30 - 9 pm**

**TUESDAY 5:45 – 7:15 pm**

**THURSDAY 5:45 – 7:15 pm**

**ALL LEVELS** – for those who have had previous Kundalini Yoga experience

**SATURDAY morning 8 – 9:30 am**

**Donation options**

**PayPal procedures:**

**If you have a PayPal app on your phone**, just open the app and enter my email address: [shamsher.diane@gmail.com](mailto:shamsher.diane@gmail.com)

**If you send payment via a PayPal account accessed from your computer**, there are two options:

1) **OneTouch** allows you to immediately direct your funds to my email address.  
OR

2) the full step-by-step PayPal procedure for the inexperienced:

After you log in, select **Proceed to Account Overview**, which carries you to the **Summary** page.

On top banner, select **Send & Request**.

Select **SEND**.

Enter my email address: [shamsher.diane@gmail.com](mailto:shamsher.diane@gmail.com) and click **Next**.

Add **amount of donation** and click **Continue**.

Select **Sending to a Friend** (*as a donation, this is 'friend to friend', rather than 'an item or service'*).

Select your **method of payment** and click **Next**.

Select **Send Your Payment Now**.

And my gratitude!

OR please feel free to **mail donation by check** to the usual Lakebay WA address:

Diane Bunting  
2213 B St NW  
Unit 2  
Lakebay, WA 98349

*Any questions?* Please contact me via email ([shamsher.diane@gmail.com](mailto:shamsher.diane@gmail.com)) or phone ( **253.853.5221**).

Love & gratitude,  
Diane / Shamsheer

**Thank you so much for sharing these online classes with your friends and family.**

**Here's the zoom links:**

Shamsheer / Diane Bunting is inviting you to scheduled Zoom meetings.

*PLEASE NOTE:*

*In the following zoom links, the first line / 'Topic' line will always have correct information in Pacific time.*

Topic: **MONDAY September 14, 5:45 pm Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

Time: Sep 14, 2020 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81715098027?pwd=NGJzWjVyVCtLMGtXNnFEYytOVI NpQT09>

Meeting ID: 817 1509 8027

Passcode: 437726

Topic: **MONDAY September 14, 7:30 pm Pacific Time, INTERMEDIATE class, Kundalini Yoga/Meditation**

Time: Sep 14, 2020 07:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83134100624?pwd=cEpvREcxbmRRVWZ6R1dPVTQ5 akhPUT09>

Meeting ID: 831 3410 0624

Passcode: 612608

Topic: **TUESDAY September 15, 4:15 pm Pacific Time, ADAPTIVE / CHAIR YOGA, Kundalini Yoga/Meditation**

Time: Sep 15, 2020 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83893649952?pwd=R0xXRUN5bmxndW9TQ3J0bTIRM0JjUT09>

Meeting ID: 838 9364 9952

Passcode: 166670

Topic: **TUESDAY September 15, 5:45 pm Pacific Time, INTERMEDIATE class, Kundalini Yoga/Meditation**

Time: Sep 15, 2020 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81939754985?pwd=NVRlNG9qaWRJUGRHeGtiUjFRVUjEgQ09>

Meeting ID: 819 3975 4985

Passcode: 147652

Topic: **WEDNESDAY September 16, 5:45 pm Pacific Time, INTRO TO THE BASICS class, Kundalini Yoga/Meditation**

Time: Sep 16, 2020 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88932775968?pwd=M1ZxS3RoK2p5RElaaThaamk1TWV4Zz09>

Meeting ID: 889 3277 5968

Passcode: 076473

Topic: **THURSDAY September 17, 4:15 pm Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

Time: Sep 17, 2020 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81631971307?pwd=UXg2U3k4MHhQOGN2dmRES1pjQmw1QT09>

Meeting ID: 816 3197 1307

Passcode: 707191

Topic: **THURSDAY September 17, 5:45 pm Pacific Time, INTERMEDIATE, Kundalini Yoga/Meditation**

Time: Sep 17, 2020 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81984983374?pwd=NnNoV2g2Q1hBTTZkV0Q3YVZJLzITQT09>

Meeting ID: 819 8498 3374

Passcode: 643383

Topic: **FRIDAY September 18, 8:30 am Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

Time: Sep 18, 2020 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81833211587?pwd=YWxFSU9KamtFajlZdFhHbWZOU0ZYUT09>

Meeting ID: 818 3321 1587

Passcode: 565361

Topic: **SATURDAY September 19, 8:00 am Pacific Time, ALL LEVELS, Kundalini Yoga/Meditation**

Time: Sep 19, 2020 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83353512563?pwd=RXhLbjlDbzg3Qk95eUgraUFRY3E>

[4UT09](#)

Meeting ID: 833 5351 2563

Passcode: 139399