



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 November 16th, 2020

Sat Nam, my friends,

*Here,
on the edge of what we know,
in contact with the ocean of the unknown,
shines the mystery and the beauty of the world.
And it's breathtaking.*

~ Carlo Rovelli

November 16 - 21

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

Update: Security measures to prevent any vulnerability to hacking.

What I have done in the past as host:

As we have done since May when our Zoom classes began, we will continue to have a weekly email, with a unique link and password for each class.

What new measures am I implementing as Host:

1. **'Enable the Waiting Room'**- I will now OK your transfer from waiting room to our class. Thanks for your patience.
2. **'Lock the class'** once we have all arrived.
3. I will **open the zoom class 5-10 minutes** before we begin, rather than my usual 15 – 30 minutes. This gives hackers less time to 'find' a meeting in process.

What can you do to support our security:

1. **Please do not share the zoom links / passwords on social media.** You have been graciously sharing class links with friends who may be interested in our

classes. Thanks for continuing to do so via a personal email, rather than on a social media platform.

2. **If you are joining us for the first time as a new or 'long time ago returning' student**, please text me (253.853.5221) with your name, who recommended you or where we shared classes in the past. Thanks for taking this extra step so that I will recognize you in the 'waiting room'.
3. **Please sign into class before our start time.** Unfortunately you will no longer be able to join class once it has begun. So even if you know you are running late, sign in to the class via your device and then come in whenever you are able.

My gratitude for all your support and suggestions as we protect the precious sanctity of our Body, Mind, Heart and Soul practice.

Here's the details for this coming week, **November 16 - 21:**

I will teach **eight 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**.

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: two 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

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:

1) PayPal or Venmo: enter my name or email address, shamsher.diane@gmail.com

2) Check mailed to:

Diane Bunting

2213 B St NW

Unit 2

Lakebay, WA 98349

And my gratitude!

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

Love & gratitude,

Diane / Shamsher

[Thank you so much for sharing these online classes with your friends and family.](#)

Here's the zoom links:

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

Topic: **MONDAY November 16, 5:45 pm Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/81058965918?pwd=Q3Z2eHN3Z1lCYzd6RjJPODIvOW5PZz09>

Meeting ID: 810 5896 5918

Passcode: 110165

Topic: **MONDAY November 16, 7:30 pm Pacific Time, INTERMEDIATE class,**

Kundalini Yoga/Meditation

Time: Nov 16, 2020 07:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89662897720?pwd=ODFoN0x3S1MxQUFIZGo5VGRKOUUwZz09>

Meeting ID: 896 6289 7720

Passcode: 466813

Topic: **TUESDAY November 17, 4:15 pm Pacific Time, ADAPTIVE / CHAIR YOGA, Kundalini Yoga/Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/87039784478?pwd=MEp2dktNZmsxVUw0NFhoNS9sUEx1dz09>

Meeting ID: 870 3978 4478

Passcode: 952754

Topic: **TUESDAY November 17, 5:45 pm Pacific Time, INTERMEDIATE class, Kundalini Yoga/Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/82593492688?pwd=VTZBbkJFQ0J0OTNRQIRScUppMjRjZz09>

Meeting ID: 825 9349 2688

Passcode: 259160

Topic: **THURSDAY November 19, 4:15 pm Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

Time: Nov 19, 2020 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89982161264?pwd=SEU5QnM4OUNLeGprNVg2RG01NUhRZz09>

Meeting ID: 899 8216 1264

Passcode: 850612

Topic: **THURSDAY November 19, 5:45 pm Pacific Time, INTERMEDIATE, Kundalini Yoga/Meditation**

Time: Nov 19, 2020 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89944079408?pwd=Tm1SYlQwc3d2RUozOTdlUjBHYk9mZz09>

Meeting ID: 899 4407 9408

Passcode: 551623

Topic: **FRIDAY November 20, 8:30 am Pacific Time, BEGINNING, Kundalini Yoga/Meditation**

Time: Nov 20, 2020 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85732328476?pwd=Z2hhVWg4bINTUzdXOWNhWTJSZ1VuQT09>

Meeting ID: 857 3232 8476

Passcode: 956220

Topic: **SATURDAY November 21, 8:00 am Pacific Time, ALL LEVELS, Kundalini Yoga/Meditation**

Time: Nov 21, 2020 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81952704000?pwd=aStHWkdzVnZGNkpFbjFjeWJiR2dkQT09>

Meeting ID: 819 5270 4000

Passcode: 814749