



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 Sunday, September 12th, 2021

Sat Nam, my friends,

Sept 13 - 18

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

**We are currently in a series of classes dedicated to:
Strengthening our Immune System**

Update: Security measures to prevent any vulnerability to hacking.

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'.

Here's the details for this coming week, **Sept 13 - 18:**

I will teach **seven 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: here's the two beginner levels to choose from.....

1. **Beginning** – for those who are on their yoga 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

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.

And still, after all this time, the Sun has never said to the Earth,

'You owe me.

Look what happens with love like that.

It lights up the sky.

~ Hafiz

**We are currently in a series of classes dedicated to:
Strengthening our Immune System**

Here's the zoom links:

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

**Topic: MONDAY September 13, 5:45 pm Pacific Time, BEGINNING, Kundalini
Yoga/Meditation**

Time: Sep 13, 2021 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85407061008?pwd=NXBydUQ0RIE3NGdGcHZFZmNwdkFhUT09>

Meeting ID: 854 0706 1008

Passcode: 524849

**Topic: MONDAY September 13, 7:30 pm Pacific Time, BEGINNING, Kundalini
Yoga/Meditation**

Time: Sep 13, 2021 07:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85165924077?pwd=WkFkT1VGb1c0V2wwZ3ZGUks1bk9Ndz09>

Meeting ID: 851 6592 4077

Passcode: 556780

**Topic: TUESDAY September 14, 4:15 pm Pacific Time, ADAPTIVE / CHAIR YOGA,
Kundalini Yoga/Meditation**

Time: Sep 14, 2021 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84895260775?pwd=QW9zUllBT2J2a1BEWGs3WlVRaUJmZz09>

Meeting ID: 848 9526 0775

Passcode: 461269

Topic: THURSDAY September 16, 4:15 pm Pacific Time, BEGINNING, Kundalini

Yoga/Meditation

Time: Sep 16, 2021 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85036143842?pwd=TmR6S3RlRjVHcWnkVXUvVnRhcmI2QT09>

Meeting ID: 850 3614 3842

Passcode: 843884

Topic: **THURSDAY September 16, 5:45 pm Pacific Time, INTERMEDIATE, Kundalini**

Yoga/Meditation

Time: Sep 16, 2021 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81716734945?pwd=UHR1NUFER0VqckRCa0ExZGhGWm94UT09>

Meeting ID: 817 1673 4945

Passcode: 446316

Topic: **FRIDAY September 17, 8:30 am Pacific Time, BEGINNING, Kundalini**

Yoga/Meditation

Time: Sep 17, 2021 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86592667918?pwd=b1IvZTVQUHdiVzRGaTdQS3l6L25yZz09>

Meeting ID: 865 9266 7918

Passcode: 742191

Topic: **SATURDAY September 18, 8:00 am Pacific Time, ALL LEVELS, Kundalini**

Yoga/Meditation

Time: Sep 18, 2021 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83715707778?pwd=SkNFaEtFMytDLy9FeFVUY3RPUzVYdz09>

Meeting ID: 837 1570 7778

Passcode: 447473