



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 Monday, June 20, 2022

In the spirit of bearing witness, I invite you to read:

***Only love can stop war:
a call to the world from a Northern Cheyenne chief.
"Our people's teachings, connecting us to the land and the universe,
have enabled us to survive genocide and can point the way to peace –
146 years after the Battle of the Little Big Horn."***

Heove ve 'keso (Yellowbird), Chief Phillip Whiteman Jr

<https://www.theguardian.com/us-news/2022/jun/17/only-love-can-stop-war-a-call-to-the-world-from-a-northern-cheyenne-chief>

Honoring and remembering June 19, 1865 – Juneteenth, our Federal holiday:

***"Every Black person you meet is a miracle...
We are valuable because of our humanity and declared valuable because our ancestors
declared our worth
when they fought for us to live." Brittany Packnett***

***"I would like to be remembered
as a person who wanted to be free ...
so other people would be also free." Rosa Parks***

Sat Nam, my friends,

June 20 - 25

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

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, **June 20 - 25:**

I will teach **six classes** (*see the list that follows*), offered to you **on a donation basis.**

May they be of service to you during this time of global 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*):

Our online classes will no longer be taught as Beginning and Intermediate, but will be for All Levels.

The exception is the Adaptive / Chair Yoga (Tuesday, 4:15 pm), which will continue to be taught as a Beginner class.

I'm making this change, because with classes being online during the pandemic, our community has shifted to a more experienced student base.

You are now students who have a good understanding of the basics and are also skilled in modifications.

So feel free to choose what class time works best. I will be there to support you.

All Levels:

MONDAY 5:45 – 7:15 pm

MONDAY 7:30 – 9 pm

THURSDAY 4:15 – 5:30 pm

FRIDAY morning 8:30 - 10 am

SATURDAY morning 8 – 9:30 am

Adaptive / Chair Yoga (Beginner) – for those able to do yoga in a chair and while standing.

TUESDAY 4:15 - 5:30 pm

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 June 20, 5:45 pm Pacific time, Kundalini Yoga and Meditation**
Time: Jun 20, 2022 05:45 PM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/88907768857?pwd=T29sajA1YnVIRDJvbHR1bmh3d0hWQT09>
Meeting ID: 889 0776 8857
Passcode: 082850

Topic: **MONDAY June 20, 7:30 pm Pacific time, Kundalini Yoga and Meditation**
Time: Jun 20, 2022 07:30 PM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/82309829697?pwd=RU5vS0Uxck9sK0I2bWVYMis2OWVCZz09>
Meeting ID: 823 0982 9697
Passcode: 038980

Topic: **TUESDAY June 21, 4:15 pm Pacific time, Adaptive Kundalini Yoga and Meditation**
Time: Jun 21, 2022 04:15 PM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/81354326229?pwd=WWpKcXBYMjRxaUpwRG1XK1ZMMmlWUT09>
Meeting ID: 813 5432 6229
Passcode: 635629

Topic: **THURSDAY June 23, 4:15 pm Pacific Time, Kundalini Yoga/Meditation**
Time: Jun 23, 2022 04:15 PM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/85848877285?pwd=d09xdWNzVXF5STZpNExvRjVTcWxYUT09>
Meeting ID: 858 4887 7285
Passcode: 820251

Topic: **FRIDAY MORNING, June 24, 8:30 am Pacific Time, Kundalini Yoga/Meditation**

Time: Jun 24, 2022 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89815222266?pwd=L1A1NmpzckVlblk0a0dVVjRKSHovUT09>

Meeting ID: 898 1522 2266

Passcode: 292309

Topic: **SATURDAY MORNING, June 25, 8:00 am Pacific Time, Kundalini
Yoga/Meditation**

Time: Jun 25, 2022 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88566430327?pwd=eGI2aEJrKytZeTdnSTU2Z1k2K2grdz09>

Meeting ID: 885 6643 0327

Passcode: 191807