



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, July 4, 2022

A Meditation for Peace.

This 11-minute daily practice, using the Sat Narayan Mantra, is meant to cultivate inner and outer peace. Taking place June 21 - July 30, 2022. Join in any time.

**SAT NARAYAN WAHE GURU
HARI NARAYAN SAT NAM**

This website directs us to the links that invite, instruct and guide the 11 minute meditation:

<https://www.3ho.org/meditation-for-peace-2022/>

AND

***A special morning Independence Day Class for Peace
8:30 – 9:30 am***

Sat Nam, my friends,

July 4 - 9

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.
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, **July 4 - 9:**

I will teach **five classes** (see the list that follows), offered to you **by donation 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, a morning July 4th class for Peace 8:30 – 9:30 am

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 / Shamsheer

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 Independence Day class for Peace, 8:30 am Pacific time, Kundalini Yoga and Meditation

Time: Jul 4, 2022 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86999967134?pwd=svl09PhpKWlW45ScVhIqgH4EMS5jzf.1>

Meeting ID: 869 9996 7134

Passcode: 152703

Topic: TUESDAY June 5, 4:15 pm Pacific time, Adaptive Kundalini Yoga and Meditation

Time: Jul 5, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81930397506?pwd=6kzUo6yxrumDcbfMveQQkACQVJVZ77.1>

Meeting ID: 819 3039 7506

Passcode: 283736

Topic: THURSDAY July 7, 4:15 pm Pacific Time, Kundalini Yoga/Meditation

Time: Jul 7, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86030853102?pwd=bYWw8vIcqVRsjsbSkrxQgKmwsPO284.1>

Meeting ID: 860 3085 3102

Passcode: 326513

Topic: FRIDAY MORNING, July 8, 8:30 am Pacific Time, Kundalini Yoga/Meditation

Time: Jul 8, 2022 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88314025084?pwd=uRStNOqffeAPGG8An6Vzb8FT8XotqC.1>

Meeting ID: 883 1402 5084

Passcode: 576195

Topic: SATURDAY MORNING, July 9, 8:00 am Pacific Time, Kundalini Yoga/Meditation

Time: Jul 9, 2022 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87337688477?pwd=rHAGXJoDT-ekbU-DS4NNPjudolR1Op.1>

Meeting ID: 873 3768 8477

Passcode: 814410