



## 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 4<sup>th</sup>, 2022*

Sat Nam, my friends,

**1<sup>st</sup>, here's this week's schedule, September 5 – 10:**

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

Here's the details:

**Labor Day MONDAY 5:45–7:15 pm & 7:30–9 pm classes:**

I will not teach any live-streamed classes on Labor Day.

However, here's a zoom link you can use over the weekend:

<https://us02web.zoom.us/rec/share/UbX1qIYUvUNkzi2SQwDkBAR--04UB1qgSgf41nDj60grQcVETZgMqDWPmU4CyhXY.aBoMjMKBbI3hMCJ0>

Passcode: NJ8&q\$b5

This link will bring you the content of our current week's classes (*our week currently runs from Thursday to Tuesday*). *The class was recorded on Saturday September 3<sup>rd</sup>.*

Consider making time for this class – you'll love it! Pranayam, physical practice and (especially) the meditation are fabulous.

During the week, I will live-stream **four classes**.

**All Levels:**

**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**

**2<sup>nd</sup>, here's the plans for September and October classes;**

While I am still in the NW and packing, I will teach live-stream classes in our normal Monday – Saturday schedule until Wednesday September 28<sup>th</sup>.

From Thursday September 29<sup>th</sup> to Sunday October 16<sup>th</sup>, while I'm driving cross-country, you will have the opportunity to practice 3 previously-recorded classes (one for each week).

From Monday October 17<sup>th</sup> on, we will resume live-stream classes, from Pocomoke, Maryland.

**3<sup>rd</sup>, important information re: mailing tuition donation checks:**

**Thank you** so much for your tuition donations, and your support of me as a teacher.

If you are one who **pays by check**, please note the following:

**Through September 15<sup>th</sup>, continue using my Lakebay WA address**

2213 B Street NW  
Unit 2  
Lakebay WA 98349

**After September 15<sup>th</sup>, please mail checks to my Pocomoke MD address**

1911 Buck Harbor Rd  
Pocomoke City, MD 21851

Note: Tuition donations made through **Venmo or PayPal** will stay the same.

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

Love & gratitude,  
Diane / Shamsher

Here's the zoom links:

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

Topic: **TUESDAY September 6, 4:15 pm Pacific time, Adaptive Kundalini Yoga and Meditation**

Time: Sep 6, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83777780517?pwd=anpTS1BESjRVndKa2JxbWxQeUxNdz09>

Meeting ID: 837 7778 0517

Passcode: 848197

Topic: **THURSDAY September 8, 4:15 pm Pacific Time, Kundalini Yoga/Meditation**

Time: Sep 8, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83729326830?pwd=cExwMWJUT1ZMQ2VWSIVjUjNNNFdYZz09>

Meeting ID: 837 2932 6830

Passcode: 136395

Topic: **FRIDAY MORNING, September 9, 8:30 am Pacific Time, Kundalini Yoga/Meditation**

Time: Sep 9, 2022 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88617605333?pwd=L2cxQkE5OHF2RC9vUG9CYXVDdmNHUT09>

Meeting ID: 886 1760 5333

Passcode: 264965

Topic: **SATURDAY MORNING, September 10, 8:00 am Pacific Time, Kundalini Yoga/Meditation**

Time: Sep 10, 2022 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82504540244?pwd=YUI3ZkN1NXNMZE9JRFdYdDRuZjZiZz09>

Meeting ID: 825 0454 0244

Passcode: 853674