

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, October 2nd 2022

*Blessings to you
Shamsher on your Eastward journey!*



KUNDALINIYOGA & MEDITATION CLASSES, taught by Shamsher / Diane Bunting

It is with joy & gratitude that I share with you these previously recorded classes.

They are available to you until October 28th.

Each class may be viewed at any time of day and as many times as you like.

If you have any questions, the best way to reach me is by text: 253.853.5221.

My travel plans have recently changed, due to the inevitable unforeseen.

At this time, I am projecting that live-stream classes will resume on Monday October 24th.

I will be in touch before the 24th with updates.

Love and gratitude to each of you,

Diane / Shamsher

Beginning / Adaptive / Chair Yoga classes.

1) TUESDAY April 12, 4:15 pm, ADAPTIVE / CHAIR Yoga, GANESHA - TO REMOVE OBSTACLES &

GO FROM IMPOSSIBLE to POSSIBLE

[https://us02web.zoom.us/rec/share/cNtY-YvqHS0KB55-](https://us02web.zoom.us/rec/share/cNtY-YvqHS0KB55-g3jW6SHmrfULIO4_bMqChlDsgtoJCccGZTySUGydRj144VOB.NNcUC7ffkYwIi57a)

[g3jW6SHmrfULIO4_bMqChlDsgtoJCccGZTySUGydRj144VOB.NNcUC7ffkYwIi57a](https://us02web.zoom.us/rec/share/cNtY-YvqHS0KB55-g3jW6SHmrfULIO4_bMqChlDsgtoJCccGZTySUGydRj144VOB.NNcUC7ffkYwIi57a)

Passcode: pdfH#53Y

2) TUESDAY May 3, 4:15 pm, ADAPTIVE / CHAIR Yoga, PARADOX via ROOT CHAKRA

https://us02web.zoom.us/rec/share/rqjgppL_WDw5V3ndCfxkcoJtxoAoVZUR3kZJ8v5Eghi3NUqN

[OoHAeIFncKGvIPnC.3Q-IFPOOgHR3rPWT](https://us02web.zoom.us/rec/share/rqjgppL_WDw5V3ndCfxkcoJtxoAoVZUR3kZJ8v5Eghi3NUqN)

Passcode: h0pu&H3W

3) TUESDAY May 17, 4:15 pm, ADAPTIVE / CHAIR Yoga, TRANSFORM INSECURITY to SECURITY, EASE & TRUST

<https://us02web.zoom.us/rec/share/omdMt7QBDN-->

[dIVa5OmjVs_BJrLQxZg5tp_8EmJKjWQ7YsZiR6fjttKFkQTz2JRV.xvKD_u2Z07_oowEw](https://us02web.zoom.us/rec/share/omdMt7QBDN--)

Passcode: z6xP?yg=

All Levels classes

1) THURSDAY April 14, 4:15 pm, Kundalini Yoga, GANESHA - TO REMOVE OBSTACLES & GO FROM IMPOSSIBLE to POSSIBLE

<https://us02web.zoom.us/rec/share/RD-9HeLQBka-jltPNHPPYa-HcSfqfUlvno->

[6LXxUmyQBtk6oz2CvITYVZg-9GVz.-qCYo_bu1uqgl1jV](https://us02web.zoom.us/rec/share/RD-9HeLQBka-jltPNHPPYa-HcSfqfUlvno-)

Passcode: z#82&S47

2) SATURDAY MORNING, May 7, 8:00 am, Kundalini Yoga, PARADOX via ROOT CHAKRA

https://us02web.zoom.us/rec/share/PZU2EdwKh-48Db_LTE1HohUCbmAe143sM721fXvEwj7-

[RfxZGSp6IAaT6m1WeL8.tOBA_9Hst7zWFitJ](https://us02web.zoom.us/rec/share/PZU2EdwKh-48Db_LTE1HohUCbmAe143sM721fXvEwj7-)

Passcode: 1mTE*Z%&

3) MONDAY May 23, 7:30 pm, Kundalini Yoga, TRANSFORM INSECURITY to SECURITY via STOMACH & SPLEEN

<https://us02web.zoom.us/rec/share/nQU4FszAIL4yneZqm1jW40aNi7Ho11ySQdN1KvPIH5uKzvA>

[D_2QIcKDOHkHy-e-w.9IVufaVb_keEVBFi](https://us02web.zoom.us/rec/share/nQU4FszAIL4yneZqm1jW40aNi7Ho11ySQdN1KvPIH5uKzvA)

Passcode: &a5X9bJ7