



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, November 20, 2022

*Owning our story and loving ourselves through that process
is the bravest thing that we'll ever do.
~ Brene Brown*

Tune Up and Balance the Chakras

The week of October 24 – Root / 1st Chakra (*recordings available*)

- “ “ **October 31 – Second / Sacral Chakra** (*recordings available*)
- “ “ **November 7 – Third / Navel Center Chakra** (*recordings available*)
- “ “ **November 14 – Fourth / Heart Chakra** (*recordings available*)
- “ “ **November 21 – Fifth / Throat Chakra**

Thanksgiving Day / Thursday class rescheduled to December 1

- “ “ **November 28 – Sixth / Third Eye Chakra**
Thursday class rescheduled to December 8
- “ “ **December 5 – Seventh / Crown Chakra**
Thursday class rescheduled to December 15
- “ “ **December 12 – Integrating the Chakras through the Aura**
Thursday class rescheduled to December 22

All classes during these weeks (i.e. All Levels Yoga & Meditation, Adaptive/Chair Yoga & Meditation, and Tuesday Evening Meditation) will be dedicated to Tuning Up and Balancing the Chakra indicated above.

Here's this week's schedule, November 21 - 26:

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

I will teach / live-stream **six classes**, including the addition of a new **Tuesday Meditation class**. Also, note the **time change** in our **Monday classes**.

These are offered to you **by tuition via PayPal, Venmo or a check.**

Tuition options:

1) PayPal or Venmo:

enter my name (Diane L Bunting) or email address, shamsher.diane@gmail.com

2) Check mailed to my new address:

Diane Bunting
1911 Buck Harbor Rd
Pocomoke City, MD 21851

*And 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):

Kundalini Yoga & Meditation classes (All Levels are welcome):

MONDAY 4:15 – 5:30 pm (Please note time change)

MONDAY 5:45 – 7:15 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

Meditation class:

On TUESDAYS, from 5:45 – 6:30 pm (PT), take a 45-minute break in your day to refresh with a 22-minute Meditation, concluded with a 10 minute relaxation.

You know how I love mantra, so we'll definitely meditate to mantra.

And other weeks, we will use breath, silence &/or mudra.

I encourage you to give it a try.

Our lives are dramatically enriched with regular forays into Meditation's vastness.

Thank you so much for sharing these online classes with your friends and family.

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 zoom 'waiting room'.

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

Love & gratitude,
Diane / Shamsheer

Shamsheer / Diane Bunting is inviting you to scheduled Zoom meetings:

(PLEASE NOTE time changes on Monday classes.)

Topic: **MONDAY November 21, 4:15 pm Pacific time, Kundalini Yoga and Meditation**

Time: Nov 21, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81479921450?pwd=eXhPamIxOFIUL0dVZnVTYXRcd2NPdz09>

Meeting ID: 814 7992 1450

Passcode: 489105

Topic: **MONDAY November 21, 5:45 pm Pacific time, Kundalini Yoga and Meditation**

Time: Nov 21, 2022 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89006591790?pwd=WWJS1BWdklZcUllRzVxQU1LUTU5UT09>

Meeting ID: 890 0659 1790

Passcode: 917132

Topic: **TUESDAY November 22, 4:15 pm Pacific time, CHAIR / Adaptive Kundalini Yoga & Meditation**

Time: Nov 22, 2022 04:15 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89236593987?pwd=MWdsNHh3YW4vUldVUE9GV2IUWEFwdz09>

Meeting ID: 892 3659 3987

Passcode: 809216

(NOTE this new MEDITATION class on Tuesday).

Topic: **TUESDAY November 22, 5:45 pm Pacific time, A 45-min MEDITATION class**

Time: Nov 22, 2022 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82394849064?pwd=bTNlbnM1zSE1lajErWGVIR051dVBYQT09>

Meeting ID: 823 9484 9064

Passcode: 563983

THURSDAY November 24 THANKSGIVING, no class scheduled.

If you'd like a previously recorded Chakra class, please contact me for a 30-day purchase.

Topic: **FRIDAY MORNING, November 25, 8:30 am Pacific Time, Kundalini Yoga/Meditation**

Time: Nov 25, 2022 08:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81490839588?pwd=VzNQTTFRcC9LM0tvalhNcHdUTG5Fdz09>

Meeting ID: 814 9083 9588

Passcode: 177007

Topic: **SATURDAY MORNING, November 26, 8:00 am Pacific Time, Kundalini
Yoga/Meditation**

Time: Nov 26, 2022 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89957286105?pwd=UE5PdFJ6RG9HWVQ2K09iallrbmF6Zz09>

Meeting ID: 899 5728 6105

Passcode: 831079

(PLEASE NOTE time changes on Monday and the new MEDITATION class on Tuesday.)