



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, 04 December 2022

*Listen, O drop, give yourself up without regret,
and in exchange gain the Ocean.*

*Listen, O drop, bestow upon yourself this honor,
and in the arms of the Sea be secure.*

~ Rumi

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** *(recordings available)*

Thanksgiving Day / Thursday class rescheduled to December

1 “ “ **November 28 – Sixth / Third Eye Chakra** *(recordings available)*

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, December 5 - 10:

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

I will teach / live-stream **seven 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

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

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 deep 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 / Shamsher

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

(PLEASE NOTE time changes on Monday classes)

Topic: **MONDAY December 5, 4:15 pm Pacific time, Kundalini Yoga and Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/83816449234?pwd=c3doSlhoUTA5QlgyZDhFMm5ySHJhUT09>

Meeting ID: 838 1644 9234

Passcode: 391550

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

Time: Dec 5, 2022 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83795551931?pwd=VDRKT3VMdk9CSjZnUTNaNEZPZkt0dz09>

Meeting ID: 837 9555 1931

Passcode: 041124

Topic: **TUESDAY December 6, 4:15 pm Pacific time, CHAIR / Adaptive Kundalini Yoga & Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/87399521633?pwd=eIVueTBjNisvbGM4T2N5ZFZwU2hBdz09>

Meeting ID: 873 9952 1633

Passcode: 999628

(NOTE this new MEDITATION class on Tuesday).

Topic: **TUESDAY December 6, 5:45 pm Pacific time, A 45-min MEDITATION class**

Time: Dec 6, 2022 05:45 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85344020509?pwd=aE16clVVZHU0RmVpUi9aNTlaYytKZz09>

Meeting ID: 853 4402 0509

Passcode: 402615

Topic: **THURSDAY December 8, 4:15 pm Pacific time, Kundalini Yoga and Meditation**

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

Join Zoom Meeting

<https://us02web.zoom.us/j/81934012574?pwd=Y1ZlMjRlJek53Yjh4QlVweDhSWUesyZz09>

Meeting ID: 819 3401 2574

Passcode: 493214

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

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

Join Zoom Meeting

<https://us02web.zoom.us/j/83845590400?pwd=UTd3SmhOaEdJYm8zUHF5cklPV2cxzd09>

Meeting ID: 838 4559 0400

Passcode: 916838

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

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

Join Zoom Meeting

<https://us02web.zoom.us/j/84482596449?pwd=MkJwUVNwRno5MDc2OGpZYXd5MitNdz09>

Meeting ID: 844 8259 6449

Passcode: 965757

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