

Bhakti yoga

with Mahavir and Donny

Special class on the Yoga Bandhas

Saturday, August 12 at 3:00 to 4:30 PM

Yoga Room



Kali

Bhakti Yoga is the yoga of devotion. This class will teach and explore the yogic practice of the bandhas, the energetic bridges between the charkas, as a practice of self-loving kindness and non-violence.