

# Kundalini Yoga and Sound Session

## "Opportunity & Green (Heart) Energy"

### Tuesday February 7, 6:15-8:15 PM



According to the ancient teachings the most efficient way to attract opportunities is to live from a heart-centered consciousness and keep that heart chakra open whatever comes up. This kundalini yoga and sound workshop will help you jumpstart your new year, by completely opening your heart chakra. The set ends with a beautiful chanting meditation aimed at creating "green energy" from the heart ... You will then relax with the sound of the gong. And all of this will be accompanied by the live healing sound of Geoff Lamden's singing bowls and didgeridoo. All levels welcome!

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Price: \$20, please sign up at your yoga studio !

Bring a yoga mat, a blanket, a meditation cushion if you have one & water

workshop by Susanne Werblow, Kundalini Yoga Instructor  
and Geoff Lamden, Sound Healer



# Kundalini Yoga Instructor and Sound Therapist



**Susanne Werblow**

I discovered Kundalini Yoga many years ago in Paris where I went through intense learning and practice. Kundalini yoga totally changed my relationship with my body. I started yoga because of my back problems. They quickly disappeared. I also discovered how to better master my mind, stay calm in the face of difficulty. But it's the work with the flow of energy that was the most impressive for me. Starting every day with my early morning practice is the best gift to myself ! It just gets me through the day with so much more energy and balance.

What drives me as a certified kundalini yoga instructor is helping other people from the deepest of my heart. Susanne teaches weekly kundalini yoga classes out of the Wellness Collective GR, 1324 Lake Drive, Grand Rapids, Mi 49506, more info at : <https://www.facebook.com/kundaliniyogaGR/>

## **Geoff Lamden**

Geoff is a naturopathic practitioner offering consultations for people seeking wellness. He addresses both acute and chronic health concerns such as body aches, allergies, sleep disorders, digestive disturbances, emotional issues, cerebral function, and stress. Working with the six principles of naturopathy, holistic counseling, and facial analysis, Geoff uses flower essences, herbs, tinctures and extracts, cleansing/building supplements, essential oils, sound therapy, and a variety of self-care practices that can be done at home. Initial sessions are 2 hours long and provide a chance for the client to share their whole health history. In his sessions, Geoff offers knowledgeable insight to clients, helping them to gain greater awareness of their well being. He focuses on the health of the body, mind, and soul and works to create a safe and open environment where new depths of healing may be brought to light.

