



kundalini yoga,
meditation and
jazz

Sunday February 12th
9.30am-3.30pm

Mah BoundLotus®

Healing and Specialty Training
with MahanKirn

hours applied toward
Mahboundlotus®
Level 1 Certification

*"When a person masters
Mahboundlotus, they shall
have the capacity to change a
person and their environments
by their presence alone." —
Yogi Bhanjan*

**\$175 in Advance
and \$200 the day of**
(6 contact hour CEU's and
120 non-contact hours!)

In This Course you will learn to Teach:

- Specific Warm-Ups
- Use of Props
- Modifications
- Kundalini Yoga Sets to Prepare
- Advanced Postures



MahanKirn is a born Yogini and was a healer for Yogi Bhanjan; the Master Kundalini Yoga. She is renowned throughout the world for healing herself from a crippling illness with one yoga position known as Boundlotus. She left the Corporate world to travel and teach Yoga, Meditation and Healing. In her classes she brings a deep sense of silence and possibility that there is a way through every obstacle and illness.

www.mahboundlotus.com



Painless Body
Prayerful
Mind®



This Training is for:

- People who want to learn MahBoundLotus™
- People who want to heal on a profound level
- People who would like to learn to **teach** MahBoundLotus™
- People who want to deepen their MahBoundLotus™ Practice

ALL levels welcome



Checks and Cash Accepted

To Register Contact: 212.465.0606

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Paypal go to : www.mahboundlotus.com

New York Appointments Available \$150

MahBoundlotus Appointments Available

140 west 30th Street loft 3W

New York NY 10001

Between 6th & 7th Avenue

(please press 107 at call box and we will buzz you in)