Kundalini Yoga for the Lymphatic System (6 week series)- Tuesday Evenings Paradigmwellnesshealth.com (616-644-6227)

December 5 @ 5:30 pm - 7:00 pm

$15 per class or all six for only $75!

Stimulate your Lymphatic system- and thereby boost your immune system! With Kundalini yoga kriyas, meditations, and pranayama designed to work this vital protector of health. Our lymphatic systems do not have their own pump like the circulatory system. The signature spinal movements and deep breathing of Kundalini Yoga facilitate the filtering of bacteria and circulation of vital lymphocytes (AKA white blood cells), which help the body defend against infection.

KUNDALINI refers to the “creative life force” coiled at the base of the spine; by raising our Kundalini, we deepen our consciousness, expanding our human potential.

Join Gretchen Cline, Gurubanda Kaur, every Tuesday evening for 6 weeks from 5:30-7PM, starting December 5!

Paradigm Wellness

1644 Franklin St.

Grand Haven, MI 49417

616-644-6227