



# Tuesday & Thursday Mornings

**Greet the day with  
Kundalini Yoga & Meditation!**

Yoga Desa class pass or \$20 drop in  
7:30-9:00am



**with Devi Dyal**

**Devi Dyal** has been an avid kundalini yoga practitioner since 2009 and KRI certified teacher since 2014, having trained under master teachers Harijiwan Singh Khalsa and Tej Kaur Khalsa. She has immersed herself in meditation practices and other contemplative disciplines for more than two decades, and draws on all to fortify her modern teaching style in classes that are inspiring, energetic, and heart-centered.