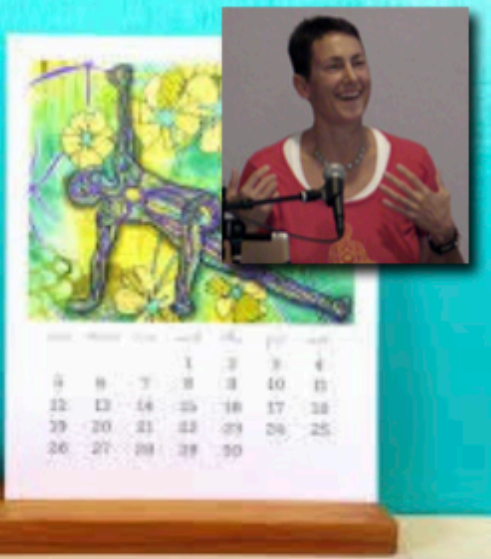


# Yoga in 2015



Live It ~ Breathe It ~ Love It

## Go for Yoga in the New Year!

with  
*Anais*

## January 2015 Class Schedule



**Tuesdays** at Lookout Fitness in Polson

51657 Highway 93

- Jan 6, 13, 20, 27 / 8:30-9:45am

**Thursdays** at YogaHeart in Polson

312 A Main Street

- Jan 8, 15, 22, 29 / 5:30-7pm

**Check my website for announcements  
of Special Events**

<http://perfectly-well.com>

All levels welcome.

No experience necessary.

**Kundalini Yoga classes** are a dynamic blend of postures (asanas), breath (pranayam), mantra, music and meditation which teach you the art of relaxation, self-healing, and elevation.

**Private Yoga Sessions Available**

**Phone:** 406.250.6816

**E-mail:** [kirtanmontana@gmail.com](mailto:kirtanmontana@gmail.com)

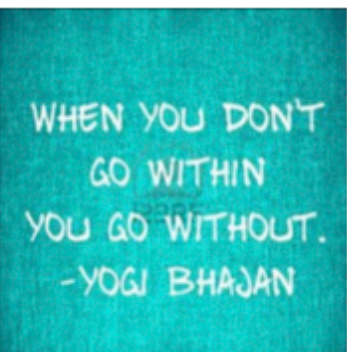
**Website:** <http://perfectly-well.com>



\$10 per  
Class



**Certified Kundalini  
Yoga Instructor**



Just understand one word. Take it from me, I'm not giving you any Sanskrit word or any religious word or anything. I'm just telling you something which will help you survive through all odds. Whenever you face anything and you don't have an answer, just call yourself inside and say, "Victory." Lean on 'Victory.' Make it a guide word, make it a precious word. I don't know what you are, who you are, why you are. Don't ask questions. Don't do your analysis. Don't try to solve problems. Just utter the word 'Victory.' With just the mental utterance of this word your whole life will change. Mentally utter the word 'Victory.' Try it. You'll find the strength of a hundred angels behind you.

~ Yogi Bhajan