



# KUNDALINI WELLNESS PLAN®

**Productivity**

**Focus**

**Stamina**

**Energy**

**Self  
esteem**

**Patience**

**Stress  
free**

**Resilience**



**Wellness**

**Flexibility**

**Intuition**

**Charisma**

**Kundalini Wellness Plan is a structured series of ongoing yoga classes delivered onsite to employees at your facilities to alleviate stress and improve their well being, emotional resilience, mental concentration, and productivity. We provide consistent services around the country and around the world. Our Kundalini Yoga classes are designed for beginners and get results fast. A secure self-service web portal enables management to measure results and enables employees to sign up for scheduled classes. Kundalini Wellness Plan is paid for by the corporation on behalf of their employees so good participation and a solid Return On Investment is assured.**

**Call 505-747-8268 or email [CustomerService@kundaliniwellnessplan.com](mailto:CustomerService@kundaliniwellnessplan.com)  
[www.kundaliniwellnessplan.com](http://www.kundaliniwellnessplan.com)**