

Theo & Alfred M.
Landon
Center on Aging

Brownbag Lunch Series
Noon to 1:00 p.m.
at the
Landon Center on Aging, Room 200

Yoga and Variable Lifestyle Management

January 5, 2005

**Presenter: Alan Lippincott,
Certified Kundalini Yoga Instructor**

Come listen to The Yoga Man discuss Kundalini Yoga. You will learn the benefits of this ancient art which continues being practiced today as it was thousands of years ago. Learn how to improve your mental clarity, problem solving skills, and flexibility as well as how to reduce anxiety caused by stress.

Alan is a former airborne ranger in the U.S. Army and has extensively studied yoga systems and Eastern cultures. He has taught Yoga in the KC metro area for eleven years.

No experience, devices or special abilities of any kind are required. This is an informational presentation designed to give you a better understanding of what Yoga is and how it can improve your emotional, mental, and physical health.

<http://www2.kumc.edu/coa>



Bring a lunch and enjoy the presentations. Refreshments and dessert provided.
Free , convenient parking.

Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.