

## Solstice - Harijiwan 2012 Kundalini yoga class

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This video is from the Winter Solstice that I attended in Florida December 2010 - I went to this class and it was amazing and very spiritually moving. The class was the day before the Full Moon, Lunar Eclipse and Solstice Day on December 21. The class starts with us holding bear grip in silence, so bear with it if nothing seems to be happening when you start the play button!

Here is where I am sitting in class (circled in red) - I am wearing all white and have a white head scarf down my back too:



from [3hokundlainiyoga](http://3hokundlainiyoga) at livestream.com

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