



KUNDALINI YOGA
WITH KASIA KORD

www.kasiayoga.com

KASIA'S STORY

Over the past 25 years, Kasia Kord has had the privilege of bridging her educational background in comparative religion, where she focused on eastern spirituality and female mystical tradition, with her experience in yoga, wellness and spirituality.

Kasia is a highly respected teacher of Kundalini Yoga. Most known for her modern teachings in the movement. She is also an interactive speaker in kundalini teachings, lifestyle, yogic philosophy and meditation.

She hosts regular classes, events, and retreats from her home base in Waterloo, ON. Her practice takes her to festivals and conferences throughout Canada and around the globe.

As a mother, partner, daughter, practitioner, educator, and a friend to a beautiful community of people in Canada and around the world, Kasia believes in sharing her passion, curiosity for life, and explorations through her theory and practice of Kundalini Yoga.



THEORY BEHIND HER WORK

Kasia follows Kundalini Yoga as taught by Yogi Bhajan.

She invites individuals to explore and experience ancient teachings for right now. Through movement, music, meditation and breathwork, Kasia teaches her students how to work through daily life, connect with their life force, realize their purpose (big or small), and cultivate inner peace, understanding, and community.

Through this theory, Kasia guides her students to come together and create an inclusive, non-competitive environment, and community. She believes this will allow individuals to connect more deeply within, serving ourselves and each other better.

Life is such a gift and it's Kasia's passion to share her wisdom wherever she goes.

"CARRY YOUR HEART IN THIS
WORLD LIKE A LIFE GIVING SUN."

HAFIZ

www.kasiayoga.com

MILESTONES

Start of yoga practice	1994
Graduated University of Waterloo, Honors BA in Religious Studies, Waterloo, ON	1996
Graduated Sutherland-Chan School of Massage Therapy, Toronto, ON	1999
Cranial Sacral Level 1 Certificate, Upledger Institute, Albuquerque, New Mexico	2001
Institute of Thai Massage, Thai Massage Certificate, Chiang Mai, Thailand	2002
Focus to leading and teaching Kundalini Yoga, Waterloo, ON, 2003	2003
Opening of massage therapy and yoga studio, Waterloo, ON	2004
Completion of 200 hr. yoga teacher training at Wilfrid Laurier University, Waterloo, ON	2005
Completion of 200 hr. Kundalini yoga teacher training with Gurumukh Kaur Khalsa, KRI Certified, Riskikesh, India	2014
Guest teacher at Burning Man, Black Rock City, NV, USA	2016
Presenter at Yoga Fest, Hamilton, ON	2016
Guest teacher at The YogaLoveProject, Playa Venao, PA	2016
Guest teacher at The YogaLoveProject, Playa Venao, PA	2016
Presenter at Toronto Yoga and Wellness Show, Toronto, ON	2018
Workshop instructor at Yoga Village, Toronto, ON	2018
Presenter at Ontario Association of Naturopathic Doctors Annual Conference, Hamilton, ON	2019
Concert host, Sukha and Tripp Dudley Mantra Sound and Meditation Experience, Waterloo, ON	2019
Co-facilitator at Yoga Retreat, Bocas Del Toro, PA	PRESENT
Instructor at OM Festival Solstice Gathering, Ontario, CA	PRESENT
Host and instructor at Equinox and Solstice events, Waterloo, ON	PRESENT
Guest teacher at Buddha on Fire Fundraiser, Toronto, ON	PRESENT
Guest teacher at Camp SummerDaze, Toronto, ON	PRESENT
Guest teacher Yogabarn, Hanover, ON	PRESENT
Guest teacher 7th wave yoga, Burlington, ON	PRESENT
Guest teacher, Soul Work Studio, Elora, ON	PRESENT





FEEL THE DIFFERENCE WITH HER OFFERINGS

Kasia has emerged as a global figure and recognized female face in the increasingly popular Kundalini Yoga movement. She helps guide individuals through these ancient practices and believes it to be a system that enhances creativity, calmness, prosperity and self-healing.

Kasia is highly sought after for her knowledge on Kundalini Yoga and travels the world to share her offerings. She can be booked for the following:

- Kundalini Yoga and Meditation classes, courses, and teaching
 - Corporate Classes & Teaching; lunch + learns, wellness education, pop-up meditations + kundalini yoga sessions
 - Pop-up meditation sessions and classes
- Kundalini Yoga workshops and retreats
- Meditation and Mindfulness teaching
- Sacred Song and Mantra classes
- Guest Speaker on Kundalini Yoga and the Aquarian Age
- Host or Presenter for yoga conferences, events, and panels
- Interactive presentations on Victorious Living
- Guest writing, podcast and Youtube features

www.kasiayoga.com



CONNECT WITH KASIA

EMAIL kasiakundalini@gmail.com

WEBSITE www.kasiayoga.com

SOCIAL



@kundaliniwithkasia



@kundalinikasia



@KundaliniYogawithKasiaKord

STUDIO

66 Dunbar Rd. S.,
Waterloo, Ontario, CA,
N2L 2E3

