

Heart of Yoga

and

Meditation

through

Winter with HAMSA

Thursday 5.45pm

General Class

Senior Citizens, Grey St W

starts 27 July

Friday 7.15am

Meditation, Asana &
Pranayama

Yoga Pilates Studio

Proudlove Pde

starts 4 August

(some experience recommended)

Keep the yoga fire burning bright throughout the winter dark.



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Mehmet E

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