

SUMMER YOGA

Only CONNECT!

2020

Monday - Friday 6 - 10 January

6.00 - 8.00am

Albert Hall, Duke St.

**A New
Year
Tonic
for JOY!**



Inspiration is a joy, but without a practice to sustain it, it soon disappears. So the main thing is to have a practice - one that works for you and travels with you wherever you go.

PRACTICE → INSPIRATION

- Asana & pranayama
- Meditation - sitting & walking
- Compassion
- Chant & Mantra

5 mornings \$140

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