

# SUMMER YOGA

*See Clearly - Act Fearlessly - Live Compassionately*

Monday - Friday 4 - 8 January

6.00 - 8.00am

Albert Hall, Duke St.

2021

Move the way JOY makes you move. Speak  
the way LOVE makes you speak.

Respond from the space in the HEART.

This is YOGA & this is how we change and  
nurture our world.

5 mornings \$140  
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[www.heartofyoga.com.au](http://www.heartofyoga.com.au)

Our Daily Practice includes:-

- Asana & pranayama
- Meditation - dhyana
- Study - jnana
- Compassion - maitri/karuna
- Chant & Mantra - nada & bhakti

Hamsa, over 40 years study & teaching  
yoga & meditation . Author *Vedic Chant*  
and *Do Your Yoga* CDs.

