

Heart of Yoga 1 Day Retreat at the Dome

Sunday 31 October

Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.” — Buddha

*We're all just walking each other home.
Baba Ram Dass*

Limited places -
bookings essential

\$110 for day

\$95 - annual students

hamsa@heartofyoga.com.au

#0422 426042

www.heartofyoga.com.au



STILLNESS, QUIETUDE and REFLECTION
are the keys to restoring and nourishing our
body-mind-heart.

In good company - SATSANGA - we'll apply
the timeless practices of :-

- Asana and pranayama; yoga nidra
- Shamatha meditation
- Chant, mantra, sound healing
- Maitri - loving kindness

