

SUMMER YOGA

2023

Monday - Friday 6.00 - 8.00am

2 - 6 January

Albert Hall, Duke St.



*Is there a better way to begin
the New Year?*

*Just as one might listen for the ocean's
whisper in a shell, we listen to the wisdom
whisper of our own hearts and minds
through our body, our breath and sound.
In good company, we nourish and
strengthen the calm
compassionate heart.*

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



5 mornings \$150
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Vedic Chant and Do Your Yoga Bless your Life CDs