

SUMMER YOGA

Exploring Authentic Presence

Sadhanas for body-mind-heart

Monday - Friday 6 - 10 January 6.00 - 8.00am

Albert Hall, Duke St.



You are Life happening here, now. Everything you need to thrive is here. YOGA in its many expressions brings us home and shows us how to flow gracefully with that precious Life and so bring benefit to our world.

- **Asana & pranayama**
- **Meditation & Maitri**
- **Chant & Mantra**
- **Vipashyana**



5 mornings \$150

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