

Date
Sat 31st October

Time: 1 -4pm

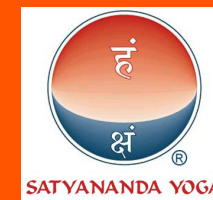
Venue
Yoga Space
1st floor
Central Arcade
Nelson

Cost: \$ 45
\$ 30 unwaged

Healing mantra
4 15 - 5pm
Healing mantra for world
peace, health and
happiness decicated to all
people and the environment

YOGA

with Poornetananda



THE VISION SPLENDID

Creativity and self expression through the practice of yoga

An afternoon exploring different techniques to
enhance your individuality and explore
the creative self within us all.

The workshop will cover practices that help develop
concentration, bring physical and mental balance.
Clear the mind of chatter that blocks the expression
of the inner self.

Poornetananda is a practicing artist, furniture maker and illustrator.
He has been associated with Satyananda Yoga for the past 35 years.

Bookings and enquiries phone Poornetananda

03 546 7525

