

Awakened Heart Yoga & Singing Alive present

‘SPRING SHAKTI FESTIVAL’ CELEBRATING SPRING ENERGY

SATURDAY, 16TH SEPTEMBER

2 – 4.30 PM



BALANCE, HARMONISE & HARNESS SPRING ENERGY WISELY
USING SUPPORTIVE EASTERN PRACTICES OF:
QI GONG, MUSIC, MANTRA & MEDITATION



Spring is a time to move outward with renewed energy and vigor but unless we learn to move within its rhythms we can become frustrated and depleted. These practices will support us as we shift into this vitalising season of Spring Shakti

COST: Single - \$28 - conc. \$23 / Double - \$50 / Child - \$10

Children will need to be supervised at all times / event appropriate for 6 yrs & over

VENUE: Blue Spirit Yoga and Healing Space, 18 Murry St, Leura

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