

Sunday 15th June | 2–5pm

Meditation Workshop

at Blue Spirit Yoga Space

Explore a wealth of meditation practices from the Satyananda Yoga tradition, including the rarely taught Shuddhi practices (purification of energy channels), along with Ajapa Japa (breath mantra within loops of awareness), Antar Mouna (inner silence) and more. The workshop will also focus on easing into meditation through the use of specific yoga postures, pranayamas (breathing practices) and mudras (yogic gestures).

Open to all levels. Afternoon tea provided.

New meditation classes to follow: This workshop launches a new weekly meditation class taught by Chintanshuddhi at Blue Spirit Yoga Space, on Sundays 5.30-6.30pm from 22nd June.



About the teacher: Chintanshuddhi lived for many years at Bihar School of Yoga (India) following a yogic lifestyle and teaching yoga and meditation at the Yoga University. She has held a deep interest in meditation from an early age and over the years has developed a style of teaching that aims to make meditation easy and accessible for all.

Venue: Blue Spirit Yoga Space, 18 Murray St, Leura

Cost: \$30 / \$25 concession

Bookings & info: contact Chintanshuddhi - chintanshuddhi@gmail.com
or phone 0401 210 480 | visit www.bluespurityoga.com.au