

Awakened Heart Yoga & Singing Alive present

‘SPRING YOGA FESTIVAL’
BALANCING SPRING ENERGY

SATURDAY, 16TH SEPTEMBER

2.00 – 4.30 PM



BALANCE, HARMONISE & HARNESS SPRING ENERGY WISELY
USING SUPPORTIVE EASTERN PRACTICES OF:

QI GONG, MUSIC, MANTRA & MEDITATION



COST: Single - \$28 / Conc. \$23 / Child - \$10

(Appropriate for Children 6 yrs & over)

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

CONTACT: kate@awakenedhearttyoga.com.au / sallysingsing@gmail.com