



“Be still with yourself until the object of your attention affirms your presence”. - Minor White

Winter 2011 - Starts Sunday 28th May to Wednesday 1 June

Sydney Yoga Workshop

Dates are set now for another early morning yoga workshop

Our first day will start at 7 till 8.30am on Sunday and the following mornings Monday to Wednesday will begin at 6.30 till 8am.

a four day transformational yoga workshop in co-creating conscious, deliberate, being resolving old patterns, reflected in the physical, working with natures cycles, seasonal changes and cultivating alignment in motion. The momentum of a balanced flowing experience through Yoga Asana and Pranayama begins and develops with practice.

The Venue is near Edgecliff station just off Edgecliff road at a private venue, tucked away from the hustle and bustle, in a beautiful garden room surrounded by nature.

There are limited spaces and if you're interested you will need to secure your space before the workshop begins. Cost \$220 for four days.
email kristen at kboddington@me.com or call 02 66840317

