

Shamanic Flow Yoga, Guided Meditation Workshop and Kava Ceremony with Joti



(3 hour Dynamic Vinyasa, Free movement, Sound & Guided Meditation,
with drumming and Kava Kava Ceremony)

Time: 12-3 p.m. Cost: \$77

Location & Dates:

Glen Waverly Saturday 17th November

Brunswick Sunday 18th November

Carnegie Sunday 25th November

Book: www.summerhealingyoga.com.au