

Kundalini Yoga

with Sierra Hollister
Sunday, February 14
11 a.m. - 2 p.m.

Power to the Heart
...
Love and Awakening

All Levels Welcome

The heart chakra is called Anahata, this translates as unstuck, fresh, clean, unhurt. Join us as we empower the aspect of our heart that is Anahata with asana, pranayama and the most amazing heart chakra meditation ever!

Suitable for all levels, as well as couples



As always, yogi tea will be joyfully served.

Cost: \$40.00

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