

HOME PRACTICE INTENSIVE

WINTER SEQUENCES - WITH PRAGYADHARA

June 25th 2016
11.00am - 3.00pm
Tauranga Yoga Center
173 Elizabeth Street Tauranga

Investment: \$45



- ☀ Sun salutation sequences
- ☀ Heating & balancing breathing techniques
- ☀ Take home recordings (sun mantras)
- ☀ CPD for teachers

For registration please send an email to pragyadhara@gmail.com



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