



8/3/19, 31/5/19, 23/8/19, 1/11/19

Yin Yoga, Meditation and wellness promoting vegetarian food with **MAYA BROSNAN**

**8/3/19
31/5/19
23/8/19
1/11/19**

**Gentle Yin Yoga
style Class
including Guided
Meditation
“The Physical
Effects of
Continuous Stress
on the Body”
Workshop
including Yoga
Wisdom,
pranayama &
Mantra
Meditation
“Emotional
Balance through
Iridology”
Intro Workshop
Yoga Nidra
Meditation & Kirtan**

**VEGETARIAN
FEAST**

Lunch + morning +
afternoon tea provided

Cost - \$170 – spaces
limited, be quick!!

Early Bird Price
Book & Pay 1 month ahead
\$150

Yours in Health and Wellness,

Maya Brosnan
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