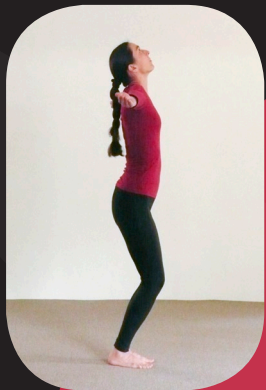


# YOGA MANDALA



## YOGA MANDALA

The Mandala Yoga Workshop is a unique compilation of yoga asanas to make a circular dance. One movement flows onto the other creating a dynamic 30 minute sequence.

Workshop includes:

- Warm up asana class
- Guided meditation
- Learning the Mandala Yoga sequence
- Performing the Mandala Yoga sequence
- Guided relaxation
- Morning refreshments
- Lots of fun

### DATES

Sunday 20th March, 2.00pm – 5.00pm OR  
Saturday 26th March, 9.00am – 12.00pm


### VENUE


Jubilee Hall  
Smith Street, Macedon (Opposite the primary school)

### COST

\$40.00 per person / \$30.00 concession  
\$65.00 if you attend both workshops  
*\$20.00 non-refundable deposit is required upon booking.*

### Bookings/Enquiries Caitanya Yoga

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 044 777 8884

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