



FREE YOGA & MEDITATION INTERNATIONAL DAY OF YOGA

21 June 2019, 6–7:15pm

Presented by Amma Australia

**Dispel myths about Yoga in an evening
that will nourish your body, heart and mind.**

- ♥ Soothe your body with gentle yoga postures
- ♥ Open your heart with traditional chanting
- ♥ Relax your mind through meditation



Where: InSync, 2A Barker St, Griffith

Suitable for beginners to advanced

Register early to secure your place.

Contact Aruna: canberra@ammaaustralia.org.au