



Breathing techniques, gentle yoga & meditation

Our ability to be happy & enjoy life is directly affected by the state of our mind. But in our busy lives, our mind can feel like a roller coaster of thoughts, worries, doubts, feelings & emotions every day. Through gentle yoga, powerful breathing techniques and knowledge about the mind- body- breath relationship, this workshop starts you on a journey to better understand your mind and improve your experience of life.

All are invited for:

ART OF LIVING WORKSHOP (gold coin donation)

***Date:* Saturday 4th May, 2013**

***Time:* 11.15am – 12.45pm**

***Venue:* Tauranga Yoga Centre, Elizabeth St West**

Queries: Heetkamps@gmail.com or phone 022 6415 099

