



Philosophy Class

The trials & triumphs of Garuda

Presented by Andrew Mournehis

Garuda is a large, legendary bird, mount of Lord Vishnu, invoked as a symbol of force, speed and martial prowess. Find out why even Krishna carries an image of Garuda on his banner, and how you can call on the powerful bird's qualities to make short work of the serpents in YOUR life.

FRI 2 MARCH

6.30 – 8.30PM

\$40 MEMBER

\$45 NON MEMBER

UpDog
YOGA