



# THE ART OF SEEING

## - BLIND FOLDED YOGA

Exclusive to UpDog

Join us for a unique immersive experience that is a feast for the senses. A poetic mingling of blindfolded yoga, music and meditation to dissolve our distraction and allow us to attune to the beauty within.

This is an all levels Yoga class suitable for anybody wanting to explore the boundaries of their awareness.

*"I never knew how much I could see with my eyes closed." — Claudine Lafond*

**About Pete:** Pete is a rose-smelling creative crusader. With his enchanting energy, Pete is a world-class photographer and facilitator. He has taken the stage for Apple, Lululemon, Wanderlust, Nikon and the Australian Government. From festival stages to photo shoots, he arouses sensuality, enlivens perspectives, and invites you to see the world, and yourself, differently.

**About Irene:** Irene Ais has spent 15 years exploring the ancient practice of yoga and meditation. Her personal mantra is founded on awareness. She believes our experience of life transforms when we begin the journey of self-discovery and her potent teaching allows students to directly experience the essence of their true nature. Irene shares from an innate understanding of the mind/body connection drawn from her extensive background in Yoga, Physiotherapy, AcroYoga and Pilates. Her strong Hatha Yoga classes will challenge students to explore their edges, whilst her focus on our unique alignment creates an opportunity to experience freedom in the body to become a conduit for the flow of life force energy.

SAT 3 FEB

6.30PM-8.30PM

\$40 MEMBER

\$50 NON-MEMBER

UpDog  
YOGA