

BHAKTI Soul Flow

Join Heidi in a 2-hour journey into the Devotion of You in a lush evening of Deep Slow Flow, Meditation, Japa, Mantra and Kirtan. Connect to your Higher Self and discover a deep, pure sense of the Soul's Highest Purpose.

SAT 9 FEB
6.30-8.30pm
Main Shala
\$40

UpDog
YOGA