



BHAKTI Soul Flow

BHAKTI ~ Faith, Love, Devotion
SOUL ~ The spiritual or immaterial part of a human being
FLOW ~ To move steadily or continuously

Join Heidi in a two hour immersion into the heart and soul of Yoga through the practice of Bhakti.

We will move, chant, evoke the Deities and find stillness in our bodies, mind and spirit.

SAT 8 JUNE
6.30-8.30pm
Main Shala
\$40

UpDog
YOGA