

UPDOG X
LAUREN URQUHART

Sunday 15 September
2:30pm – 5pm
All levels welcome
\$45 all inclusive

IN/EX HALE

a heart centred
Kundalini yoga
+ meditation
workshop

Join Lauren Urquhart to explore the art + science of
Kundalini yoga + meditation

Begin a journey inwards to happy, healthy + holy (whole) !
Learn Kundalini fundamentals, meditation technology
and enjoy gong bath + tea