

Krishna's Flute – Meditation Immersion with Yash



A beautiful experience of stillness , silence and space

Rukmani, Krishna's wife was curious to find how the flute was able to be with the Lord all the time. When Krishna left the flute to take bath, she came to the flute and asked “What is the quality you possess that the Lord keeps you all the time?”

The spirit inside the flute said “I don't know what it is, but I know I am completely empty for the Lord's music to flow through!”

Join Yash in this special meditation workshop honouring the essence of Krishna's Flute and experience the emptiness, stillness and the deep silence within

This Krishna's Flute meditation will comprise of Breath Meditation, Yoga Nidra and meditation on the senses.

- 🌿 **Date:** Friday 25 January
- 🌿 **Time:** 5pm - 7pm
- 🌿 **Cost:** AED 175

Prior registration and payment are required
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