

KUNDALINI YOGA WORKSHOP RADIANT WOMAN WITH CAROLINE



Every woman has a divine goddess power in her own being, waiting to be recognised. Join Caroline for this uplifting & holistic workshop especially designed to celebrate together International Women's Day.

- Practice Kundalini yoga, chant and meditate.
- Enjoy a deep relaxation.
- Discover ancient yogic beauty tips and recipes.
- Learn practical tools for a radiant life.

We will learn quick and effective techniques from the Kundalini Yoga tradition that can be practiced at home to strengthen your body, elevate your mind and uplift your spirit.

No prior experience is required. All levels are welcome.

- 🌿 **Date:** Friday 8 March
- 🌿 **Time:** 9am-11am
- 🌿 **Investment:** AED 175

All prices inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

02 443 4448 www.bodytreestudio.com

