

Kundalini Yoga Pop Up for Beauty with Madalena



Many of us lost contact with the essence of beauty, as we spend our lives basing our self-worth on whether we meet the standards that media and culture have set for us. How liberating is to think of our value to be defined by our inner light, our health, radiance and grace! Beauty comes from a good physical condition. It is a radiance of soul that shines through the physical appearance and beyond.

You are invited to experience a Kundalini Yoga session where beauty will be the central theme as we'll work on the rejuvenation of our cells, enhance our radiance, increase our mental and physical beauty through a combination of pranayama, kriya and meditation designed to elevate our level of consciousness and manifest our excellence.

Suitable for all levels

- 🌿 Date: Saturday 15 June
- 🌿 Time: 9am-10.30am
- 🌿 Investment: AED 100 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing

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