

FREE Yoga & Sound Healing to celebrate International Day of Yoga



With Joelle & Sonia

Let's celebrate the International Day of Yoga together at Bodytree Studio. The word 'yoga' in Sanskrit means to join or to unite, symbolizing the union of body and consciousness. The International Day of Yoga was launched in 2015 and is celebrated on 21 June worldwide with the aim to raise awareness worldwide of the many benefits of practicing yoga.

Together we will transcend the body through 108 guided sun salutations followed by a calming sound healing practice. The day also marks the beginning of the summer solstice, a time when days get longer influencing our sun energy, which makes it a perfect time to practice sun salutations to honor our sun energy and relax completely to the healing frequencies of magical sounds.

This event is brought to you by Joelle and Sonia and is suitable for all levels.

- 🌿 Date: Friday 21 June
- 🌿 Time: 5pm-7pm
- 🌿 FREE event

Book your place by emailing
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