



The Harmony School of Yoga

Level 1, 554 High Street Road,

Mount Waverley, Vic. 3149

Tel/Fax 9803 3494

Website www.harmonyyoga.org

MEDITATION

The 1st of a series of workshops

Sunday July 12th 1.30 pm – 3.30 pm

For those who wish to explore Meditation.

This workshop will cover:

- **Breath awareness**
- **Relaxation**
- **Japa (Mantra Repetition)**

BOOK NOW, LIMITED NUMBERS: 9803 3494