

# Bhava Yoga and Dance Centre



## School Holiday Program - Sept 22 to Oct 7

The following classes and events are available at Bhava over the Term Break

**YOGA** - Monday 7-8:15pm with Tori - Sept 24 & Oct 1

**PRIMORDIAL SOUND MEDITATION COURSE** - Sept 29 & Oct 6

(1-5pm both days) With Wendy Bradtke

Experience this foundational Meditation Course developed by Deepak Chopra. Practiced by thousands of people across the world, this easy to learn technique reduces stress and facilitates personal growth. Receive a personal meditation mantra.

For details email Wendy - [seekcitadel@gmail.com](mailto:seekcitadel@gmail.com)

**SOUND BATH** - Sunday Sept 7 with Kath Jones

Connect with the ancient healing sounds & vibrations of the gong in October. Dive deeply into the healing potential of the gong - the most "physical" of the sound therapy instruments. Please email Kath for details -

[kathjones.artsoundtherapist@gmail.com](mailto:kathjones.artsoundtherapist@gmail.com)

**EASE OF BEING** Workshop Oct 3 9:30-11:30am with Gabrielle Boswell

Explore some simple techniques that can form the foundation of a meditation practice. It will incorporate somatic movement, chanting, pranayama and meditation.

Cost \$30 email Gabrielle for details - [gabrielle@buddhimind.com](mailto:gabrielle@buddhimind.com)

**Bhava Yoga & Dance Centre** 5a West End Road, Warrandyte

[www.bhavacentre.com](http://www.bhavacentre.com)