

## **UPCOMING YOGA & WORKSHOPS**

**During the School Holidays (June 30/July 15)**

The following classes are being offered at Bhava over the Winter School Holiday break

**SATURDAY JUNE 30 Yoga class 9:30am** with Gabrielle Boswell

No booking required. Drop-in class available. \$22/\$20 or on a Bhava account.

**MONDAY JULY 2 Gentle Restorative Yoga 10am** with Wendy Bradtke

No booking required. Drop-in class available. \$22/\$20 or on a Bhava account.

**TUESDAYS JULY 3 & 10 Yoga class 7:30pm** with Marie-Claire Ryan

No booking required. Drop-in class available. \$22/\$20 or on a Bhava account.

**TUESDAY & WEDNESDAY JULY 3 & 11 “Ease of Being Workshops”  
10am-12pm**

with Gabrielle Boswell. Booking required 0413 939 530 or

[gabrielle@buddhimind.com](mailto:gabrielle@buddhimind.com)

\$30 per session or \$50 for both.

**SUNDAY JULY 8 “Bathe in Sound” 3-5pm** with Kath Jones

Enjoy the soothing sounds of Tibetan singing bowls, chimes and gong.

Booking essential.

Email [kathjones.artssoundtherapist@gmail.com](mailto:kathjones.artssoundtherapist@gmail.com) \$35 (must be booked online contact Kath)

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

email: [bhavacentre@gmail.com](mailto:bhavacentre@gmail.com) - web: [bhavacentre.com](http://bhavacentre.com)

*Regular program begins again on Monday July 16*