



## Mandala Yoga Workshop

*When: February 23, 2019*

*11:15am*

*Where: Mindful Movements Studio*

*Cost: Passholders \$75.00 + hst Non Passholders \$85.00 + hst*

*Peel down your layers in a 2 hour immersive Mandala practice/workshop!  
Explore a 360° practice as we work through the 5 sheaths (Pancha Kosha)  
of the body.*

*We will visit each Kosha in breath and in practice as we work full circle  
on our round mats.*

### *What's in it for you?*

- A deeper understanding to the sheaths of your embodiment*
- Some new to you insights into the deeper self that will be so practical to apply to your everyday outlook.*
- A really fun and interactive practice that you can take home with you along with the round yoga mat you have practiced on!!*

*\*Signup sheet in gathering room...only 10 spots available for this practice!*