

Introduction to

Shadow Yoga

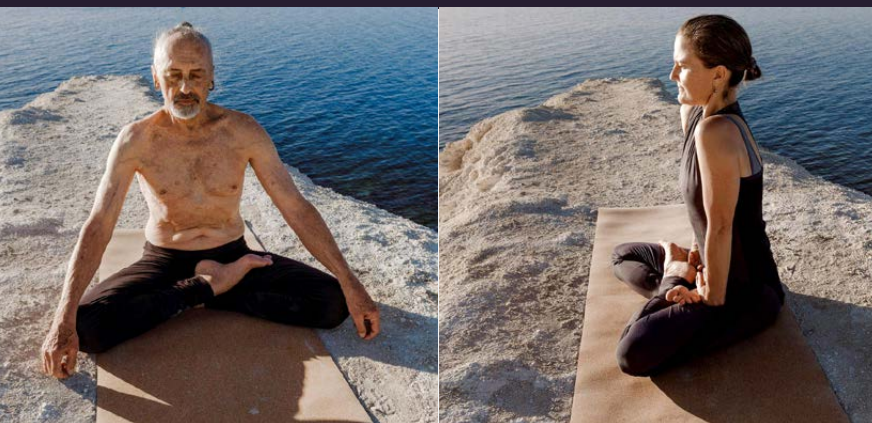


Lecture & Class

Friday 27th & Saturday 28th
May 2022



Shadow Yoga



A fantastic opportunity to learn the basic fundamentals of Shadow Yoga from its founders Sundernath (Shandor Remete) and Emma Balnaves.

The course will consist of a lecture with Sundernath and a class with Emma Balnaves to introduce new and experienced students to the basic principles of Traditional Hatha Yoga and their practical application.

Lecture - Friday 27th May, 6pm - 8pm

Class - Saturday 28th May, 7am - 9am

Held at - Hatha Yoga Shala - 172 Hutt Street Adelaide SA

Cost - \$160

Register via www.yogashala.com.au

or email Gary - g mills@internode.on.net



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www.yogashala.com.au