

ॐ KUNDALINI MEDITATION & YOGA

MULADHARA CHAKRA THE ROOT

CONVERSATIONS
MEDITATIONS
AND KRIYAS
ON THE FIRST CHAKRA

GROUNDING
SURRENDER
TRUST
FOUNDATIONS **to** OURSELVES

SHAMBALA HOLISTIC CENTRE | 8 DECEMBER - NEW MOON - NEW BEGINNINGS
48 GEAGLUM ROAD, DERRYLIN, CO. FERMANAGH, BT92 9GN

11AM - 1:30PM INCLUDING YOGI TEA CEREMONY
INVESTMENT: £20 BOOK YOUR SPACE BRING YOUR MAT AND A BLANKET

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