

ॐ KUNDALINI MEDITATION & YOGA

FOUNDATION SERIES MULADHARA

MEDITATIONS
AND SOUND HEALING **KRIYAS**

ON THE FIRST CHAKRA with an intro to 2nd Chakra

TRUST GROUNDING
SURRENDER

FOUNDATIONS **to** OURSELVES

SHAMBALA HOLISTIC CENTRE 6 JANUARY NEW MOON - NEW BEGINNINGS

48 GEAGLUM ROAD, DERRYLIN, CO. FERMANAGH, BT92 9GN

11AM - 1:30PM TEA CEREMONY @ 11

INVESTMENT: £20 BRING YOUR MAT, A BLANKET & SMALL TOWEL

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