

# Equinox Yoga Day

SHAMBALA HOLISTIC CENTRE  
22ND SEPTEMBER 2019

Join us at Shambala Holistic Centre for the 2019 Equinox. Immerse yourself in a half day of yoga. Starting the day with a mix hatha & anusara class with Sharon. This is followed by a hatha flow class with Evangeline. Then we will take you into a relaxing restorative Reiki Yoga class with Madeline & Sukhada. A short vegetarian lunch break will take us into a deeply relaxing Sound Bath with Andy.

Time: 11am - 3pm      Cost: £53/€55

Includes a Light Vegetarian Snack For Lunch

Booking Essential & Deposit Required To Secure Your Place

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