

THE MOON SESSIONS

A BI-MONTHLY 2-HR KUNDALINI YOGA CLASS



Spacious 2-hour bi-monthly Friday night classes to align with the cycles of the moon. Using Kundalini Yoga to enhance the relationship between the moon, our higher consciousness and own biofeedback.

NEW MOON

During the cycle of the New Moon we are at our lowest point of energy. Our glands are low and it is a good time to detoxify. Kriyas will be focused on glandular balancing and charging up new intentions with power.

FULL MOON

During the cycle of the Full Moon we are at our highest point of energy. The secretions of our body are at their maximum. Kriyas will be focused on releasing the subconscious mind and accelerating healing.

MOON ART BY CAMILLA GOLD

Bi-monthly Fridays
6:30pm-8:30pm

All 6 sessions \$150
Single sessions \$30

BOOKINGS

<https://www.trybooking.com/SBBW>

12 JANUARY - NEW MOON
26 JANUARY - FULL MOON
16 FEBRUARY - NEW MOON
2 MARCH - FULL MOON
16 MARCH - NEW MOON
30 MARCH - FULL MOON

Kundalini House
1/391 St Georges Road
North Fitzroy
www.kundalinihouse.com.au

with **NAMO DEV**

ABOUT THE TEACHER

Namo Dev is a Kundalini Yoga teacher and Health Practitioner whose core modalities of practice include Ayurveda and Homeopathy. Since completing her studies she has continued to immerse and devote herself in the wisdom of natural health and Kundalini Yoga. She has travelled extensively, sitting at the feet of many teachers and Masters around the world soaking up their knowledge and wisdom. Infinitely grateful for the teachings, she is here to share them with you in order to help restore your health.



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