

Hatha Yoga Intensive

# HATHA FOR AUTHENTIC EXPRESSION

Mon 8th to Fri 12th July  
6.30am - 7.30am



**DIVE DEEP INTO THE ESSENCE OF HATHA YOGA TO UNLOCK YOUR AUTHENTIC EXPRESSION.**

Join Rhonda for an exploration of Hatha yoga, breath work, heart-centered asanas, flow, deep listening, meditation and expression.

Each day will be based on a theme of Authentic Expression.

Day 1 - Discover your inner truth

Day 2 - Finding your voice

Day 3 - Heart-Centered Practice

Day 4 - Finding Flow

Day 5 - Integration and expansion



## RHONDA WHETHERBY

Hi and welcome, My name is Rhonda, you'll see me around Kundalini house teaching Hatha, Kundalini Yoga and KY for Trauma recovery + Yin Yoga.

**IN STUDIO & ONLINE**

### **COST:**

Full Intensive:  
\$100 In Studio &  
\$50 LiveStream

Or pay with Casual Passes, Packs & Memberships.

*Kundalini House members attend for FREE!*



**MORE INFO & BOOKINGS AT  
KUNDALINIHOUSE.COM.AU**

