



Awakening to Your True Self.

A KUNDALINI YOGA AND GONG SOUND BATH EXPERIENCE!

We invite you to a special workshop led by Guru Jivan, our experienced senior Kundalini Yoga teacher, and Sach Prem (Saskia), who will guide you through a soothing 20-minute Gong Sound Bath.

Sunday August

25th

12pm -2pm



\$70

**\$65 for KH
members**

In this workshop, we'll gently explore practices that bring ease, relaxation, and kindness into our lives. Together, we'll work towards finding inner peace, so we can share that tranquility in our daily lives. Embrace this journey with us to discover what it truly means to be human.

Kundalini House

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www.sacredsounds.net.au

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

