



LIVING STORIES WORKSHOP

WEAVING NARRATIVE
PRACTICES WITH
**KUNDALINI
YOGA**

**SATURDAY, FEBRUARY 1ST,
10AM-12PM**

**WHETHER WE ARE CONSCIOUS OF IT OR NOT, WE ARE ALWAYS TELLING
STORIES—BOTH TO OURSELVES AND TO OTHERS.**

We tell stories to make sense of who we are, where we've come from and how we relate to the human and more-than-human world. Taking ownership of our stories and the ways we tell them can be a powerful step towards wholeness.

This two-hour workshop weaves together storytelling exercises with kundalini kriyas and meditations to help you enliven the curious and creative parts of yourself, and craft stories that are authentic, constructive and rich with the tiny, beautiful details that make up a life. We will bathe in poetry, move our bodies and unblock some of the inhibitors to our creative flow.



Nathan Scolaro is a Melbourne-based writer and facilitator who works the intersections of storytelling, yoga and changemaking. He is an accredited Kundalini Yoga teacher and is passionate about practices which lead to healing in conscious and unconscious ways.

\$45 / \$38 KH MEMBERS
& CONCESSION

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

