



FIND YOUR STRENGTH

WITH RACHAEL COOPES

Where do we find the courage when we haven't any left? In this workshop, we will look at how the yoga practice fosters true inner strength, so we can face whatever battles arise in our daily lives with courage, compassion and clarity. Be prepared to sweat, chant, breathe, meditate and contemplate, as we weave the philosophy into a two-hour practice that will leave you feeling strong, empowered and ready to rock.

BONDI BEACH | SATURDAY 24 SEPTEMBER, 1:30 - 3:30 PM MEMBERS: FREE | NON-MEMBERS: \$55



visit bodymindlife.com/workshops or scan the QR code to book your spot.



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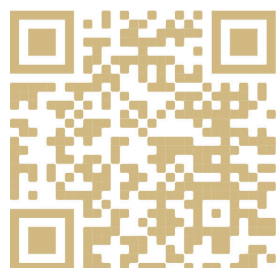
STEADY MIND OPEN HEART

WITH TASH PINTER

BONDI BEACH, SUNDAY 29 MAY 1:30 - 3:30 PM

MEMBERS \$45 | NON-MEMBERS \$55

This is an in depth exploration of a classical Tantra Hatha Moon practice to cultivate a steady mind through long holds in forward folds and twists. You'll explore pranayama and meditation and learn to establish yourself through witness consciousness. This class is not recommended for beginners.



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