



Dana Paramita Yoga and Meditation Practice

Open your heart to the joy of true giving

Sunday 11 December, 10.00 – 11.45am

Held at Williamstown Yoga and Meditation, 109 Douglas Parade

Cost: \$28 (\$22 concession)

Give thanks for what has been completed, let go of what hasn't and the year that has been, prepare to connect with family and friends from the heart.

Yoga practice, chant in asana, and pranayama will stabilise and balance, rest and receive in savasana. Sit or rest for Dana Paramita Meditative practice, reflecting on the gifts of our true presence, our compassionate heart, and our deep listening, cultivating peace and joy.

All are welcome to this non-denominational practice. Chairs, bolsters and modifications offered as appropriate.

For additional information,
or to book your place contact Deb Robertson

M 0448 978 818

E debyoga@bigpond.net.au

W www.yogadanam.com.au