



KUNDALINI YOGA

**LIFE CYCLES
22-25 JULY 2021**

Leopards Rock Bush Boutique, Bela-Bela

www.leopardsrockbushboutique.co.za

R4500,00pp

**Included: shared accommodation,
Vegetarian food**

Transformation

Shift of humanity into the Aquarian age

Awaken your capacity, character and sensitivity

Success, happiness of the soul

A purpose filled life

Self-discipline to select our habits

Develop habits to deliver your destiny

The three basic cycles of change and opportunity

Renewing your hidden self-concept: healing the formative years

Kundalini yoga: coordinating the body mind and soul

Prime adulthood: productivity, prosperity and generosity

Eating for each phase of life

Yogi teas

Know to use herbs

Adult body: energy, identify and spirit

Come and re-connect with yourself and likeminded people

www.eaglesviewyoga.co.za

