



ESOTERIC YOGA

Stillness Program for Women

4 WEEK
PROGRAM
FOR WOMEN

YOGA OF STILLNESS

RE-CONNECTING BACK TO YOU

As women, we are adept if not conditioned, to take care of everyone and everything except ourselves – often at the expense of our bodies and well-being.

Esoteric Yoga offers women the opportunity to arrest the stress, anxiousness and busyness of life, and reignite a deep relationship with ourselves and our own bodies – through connecting with the quality of stillness within.

Movements are in no way strenuous or difficult and open to women of all ages – the focus being upon re-connecting to the beauty that is ever-within.

Robina Community Centre
196 Robina Town Centre Dr
Robina QLD 4226
Meeting Room 11

Sun 20th Jan	7.15 - 8.45am (includes 30min intro)
Sun 27th Jan	7.15 - 8.15am
Sun 3rd Feb	7.15 - 8.15am
Sun 10th Feb	7.15 - 8.15am

BOOKINGS ARE ESSENTIAL | PROGRAM COST: \$60 | CASUAL \$20
www.livingmedicine.com.au/goldcoastyoga | Phone Marcia: 0413 312 348

The Esoteric Yoga Stillness Program For Women presents programs in Esoteric Yoga to women globally, via both face-to-face and online formats.

esotericyogastillnessprogram.com

Esoteric Yoga is based on the work of Serge Benhayon universalmedicine.com.au
The Esoteric Yoga Stillness Program is inspired from Esoteric Women's Health esotericwomenshealth.com.au