

Welcome

'Fill the empty Cup' Spaciousness Workshop 16th Oct 1-4pm 'Restorative Yoga for your Ayurvedic Dosha ' Workshop
21st November 9.30-4pm

{mosloadposition user1} {mmp3}intro.mp3&typ=loop{/mmp3}Meditation is here to help awaken one's true nature...
Restorative yoga is a great tool used to still the the mind. Taking the mind from busy mind, to calm mind, to still mind...