

# THE ART OF MINDFULNESS & YOGA FLOW 2 X 8 WEEK COURSES

HELD AT SOUTH PACIFIC COLLEGE - TAUGHT BY LEKSHE CHODRON

2 x 8-week courses running concurrently

**NOW Starting Tuesday, July 28<sup>st</sup> and concluding, Tuesday, September 15<sup>th</sup>**

**(if you are interested but cannot start straight away, you are still welcome to join us and a lesser rate)**

**The Art of Mindfulness - Classical Meditations to Revive and Restore**

**6 pm - 7 pm**

**Yoga Flow - Gentle Hatha and Yin Practices to Build and Balance**

**7.15 - 8.15 pm**

**The cost is \$145 per course prepaid - LIMITED SPACES**

Please email [catherine.wilson@spcnm.ac.nz](mailto:catherine.wilson@spcnm.ac.nz) to book

Please be specific if you wish to attend one course or both

(Bank account details will be forwarded once you have booked)



*Lekshe Chodron has been practicing mindfulness meditation and yoga since 2000 and Reiki since 2005. She is a mindfulness teacher, qualified yoga teacher and Reiki Master Practitioner. Lekshe skilfully weaves together her knowledge and passion for these different traditions in an easy to understand style to offer mindfulness classes and courses, Reiki sessions and yoga to both children and adults of all abilities and requirements.*