

Awaken to Life

with

Dru Yoga and Somatic Meditation

Enjoy heart-centred, flowing movements and embodied meditation to release stress from your body and mind, enabling you to embrace the potential of your life more fully.

Dru yoga is an accessible form of yoga, shown to reduce stress and increase the quality of life. Somatic meditation connects us with our physical bodies and from there to our inner experience of life.

Come and learn how to care for yourself.

Friday, 9.30 - 11am

**Maleny Yoga Shed
31 Tallowood St**

\$15 per class

Booking Necessary



Contact

Ruth Donnelly 0409 564 276
ruth@ruthdonnelly.com.au
www.heartmindconnections.org



BYO yoga mat, blanket and water bottle