

YOGA FOR ALL - FREE EVENT 17 OCT - 5PM



Location

London, London

<https://www.freeadsz.co.uk/x-167347-z>



These days, yoga is more famous than truly known or understood. Many believe yoga to be only about health, flexibility and relaxation, yet a main idea of yoga is the awakening of our inner potential. Within each of us, there are vast possibilities and an immense inner power, which we can learn to harness through yoga. Join us on 17 OCT at WEYBRIDGE LIBRARY HALL (Elmbridge Museum entrance) for a free introduction to this comprehensive Yoga System. Throughout the course you will be taught extensively about: Hatha Yoga, Tantra Yoga, Kundalini Yoga, Laya Yoga, Maha Vidya Yoga Karma Yoga, Bhakti Yoga, Jnana Yoga, Natural healing and purification techniques through yoga and diet. After the free presentation we will hold every Saturday - regular Yoga classes from 5pm starting with 24 October. For registration contact Irina on.

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47-Z



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A QR code is located in the top left corner of the page, which likely links to the event's details or a registration page.