

Introduction to : Kundalini Yoga & Meditation for Health & Vitality

Enhance vitality and immunity, cultivate a strong nervous system & release stress.

Learn new skills and practices you can integrate into your daily routine.

Experience deep relaxation to reset & rejuvenate your nervous system through breathwork, yoga, meditation & deep relaxation with live music.

Six Week Course - Drop in €12 / €15 euros | Six weeks €65 / €80

Contact Sharon on 0871550473 or soulalliancehealing@gmail.com to book your place

<p>Week 1 - 14th January Building our Disease Resistance Meditation for a Calm Heart & Emotional Balance</p> <p>Week 2 - 21th January Foundations for Infinity - Expand your Horizons Meditation for Strong Boundaries</p> <p>Week 3 - 28st January Elevation - Uplift your Spirit Meditation to clear the way ahead</p> <p>Week 4 - 4th February Being & Essence : Awakening Awareness Meditation for Constant Self Authority</p> <p>Week 5 - 11th February Nourishing a healthy open heart Meditation for Balance - Beyond Stress & Duality</p> <p>Week 6 - 18th February Building capacity : strong lungs, magnetic field and deep meditation</p>	<h2>Healing from Within</h2> <p>Classes include chant, breathwork, warm-up exercises, stretching, a focused yoga set, deep relaxation and live music.</p> <p>Bring your yoga mat and/or sheepskin for comfort, a warm blanket and water to drink.</p> <p>Suitable for beginners and people new to Yoga or Kundalini Yoga.</p> <p>Individual sessions available in Scariff and online.</p> <p>More details on www.soulcompass.ie</p>
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Rejuvenation Meditation	
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