

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 - 7th January Building our Disease Resistance Meditation for a Calm Heart & Emotional Balance</p> <p>Week 2 - 14th January Foundations for Infinity - Expand your Horizons Meditation for Strong Boundaries</p> <p>Week 3 - 21st January Elevation - Uplift your Spirit Meditation to clear the way ahead</p> <p>Week 4 - 28th January Being & Essence : Awakening Awareness Meditation for Constant Self Authority</p> <p>Week 5 - 4th February Nourishing a healthy open heart Meditation for Balance - Beyond Stress & Duality</p> <p>Week 6 - 11th February Building capacity : strong lungs, magnetic field and deep meditation</p>	<h2>Healing from Within</h2> <p>Supporting health, wellbeing and transformation through Kundalini Yoga & Meditation, Cutting the Ties, Dreamwork & Soul Realignment® energy healing through the Akashic Records.</p> <p>Offering a holistic approach to healing, health, wellbeing and transformation and sharing insights and tools to support ongoing positive changes, health, vitality & soul connection.</p> <p>Practicing Kundalini yoga for 15 years, qualified Level 1 Certification with i-Sky, trainings in yoga for PTSD, Radiant Child Yoga, Naad Yoga and an MA in Ethnomusicology.</p> <p>Individual sessions available in Scariff and online.</p>
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Rejuvenation Meditation	More details on www.soulcompass.ie
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