

Saakalya 
YOGA



Bring balance back to your seven chakras and distribute refined life-force energy throughout the body.

Unblock your energy in this series of yoga practices and crystal meditation for seven weeks.

Thursdays, 7.45 – 9.00pm

S\$ 40 Fee per session

S\$ 250 Fee per series

For more information and registration, please visit www.saakalya.com/yoga or email yoga@saakalya.com