



Develop your concentration with this simple, yet powerful practice. Trataka is a method, taught in Hatha Yoga, to purify your eyes, strengthen your eye muscles, improve your memory and sleep.

Trataka – concentrated candle gazing

Wednesdays, 8.30 – 9.00pm

S\$ 15 Fee

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