



Mula & Tula

Finding your **Roots & Balance**

Grounding and finding **Roots** with Ashtanga **Yoga**

In this workshop we'll be exploring
the
process and progression of
strength
building while staying light and
open!

+ chai, vegan treats and hang time!

Sunday December 23rd

11am- 1:30pm

224 David Low Way

Peregian Beach

Shala Members \$40

Shala Visitors \$60



ashtangayogasunshinecoast.com

0450545953

