



12 MONTH ONLINE YOGA IMMERSION A JOURNEY OF YOGA ~ MIND, BODY AND SPIRIT

January

Workshop - Sunday 24th - 4pm to 5:30pm

Meditation - Wednesday 27th - 8pm

February

Meditation - Wednesday 10th - 8pm

Community reflection - Wednesday 24th - 8pm

Workshop - Sunday 28th - 4pm to 5:30pm

March

Meditation - Wednesday 3rd - 8pm

Workshop - Sunday 28th - 10am to 11:30am

April

Meditation - Wednesday 7th - 8pm

Workshop - Sunday 25th - 10am to 11:30am

Community reflection - Wednesday 28th - 8pm

May

Meditation - Wednesday 5th - 8pm

Workshop - Sunday 23rd - 10am to 11:30am

June

Meditation - Wednesday 2nd - 8pm

Workshop - Sunday 27th - 10am to 11:30am

July

Meditation - Wednesday 7th - 8pm

Workshop - Sunday 25th - 10am to 11:30am





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August

Meditation - Wednesday 4th - 8pm

Workshop - Sunday 22nd - 10am to 11:30am

September

Meditation - Wednesday 8th - 8pm

Workshop - Sunday 26th - 4pm to 5:30pm

Community reflection - Wednesday 29th - 8pm

October

Meditation - Wednesday 6th - 8pm

Workshop - Sunday 31st - 4pm to 5:30pm

November

Meditation - Wednesday 3rd - 8pm

Workshop - Sunday 28th - 4pm to 5:30pm

December

Meditation - Wednesday 1st - 8pm

Workshop, community reflection and closing Sunday 19th
3:30pm to 5:30pm

TO REGISTER EMAIL WELLBEINGWITHRACHEL@GMAIL.COM

