



Relax · Rejuvenate · Energise



## Yoga for adults

Awaken your energies by de-stressing, detoxing and rejuvenating your body.  
For an experience of healing through yoga  
please join me every Tuesday at 5:15 pm @ the German Kindergarten Bermondsey!!

### The practices include:

- Strengthening the body - **Asanas**
- Ways to enhance breathing capacity- **Pranayama**
- Cleansing and body energy enhancement
- Chakra (energy centres) activation
- Meditation
- Deep relaxation and rejuvenation

About me: During my many visits to the Universal Peace Foundation, a spiritual sanctuary situated in southern India, I have learnt the ancient techniques of yoga. With these simple yet powerful exercises, over a course of a time, I was able to develop a sense of unity, peace and upliftment within myself. My aim is to support women and men to experience the benefits of yoga and meditation and help include these practises in their daily life.

Starting from 13 July 2021!!

Cost £10 per session/60min

For further information please contact Thenuka Kantharajah  
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