VASUDEVA KRIYA YOGA

Come join us on a holistic wellness journey
for Mental, Physical & Spiritual health

What's Included:

- ✔ Asanas
- ✔ Pranayama
- ✔ Mantras
- ✔ Mudras
- ✔ Meditation
- ✔ Mindfulness talks

Term 4 : 10 Oct-19 Dec ‘26
Saturday 8:00 AM - 9:30 AM

45 Bridgewater Boulevard
Multi Purpose Room,
Bridgewater Community Centre
Berwick

Try one class for FREE!

Contact us for VKY Mandir & other VKY centres/events /schedules

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Visit www.vasudevakriyayoga.com
or scan for more details

Vasudevakriyayoga