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 7:30 AM - 9:00 AM

Mulgrave Neighbourhood Hall,
36-42 Mackie Rd,
Mulgrave VIC 3170

TRY ONE CLASS FOR FREE!

$120/school term | $15/session
BSB : 013479 | Acc : 901654618

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

ASHWINI (0433 509 309) **/ BRIJESH** (0431 441 367)
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Visit www.vasudevakriyayoga.com
or scan for more details

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