



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

Riverside Community Activiy Centre,
8 Doreen Rogen Way,
South Morang VIC 3752

**TRY ONE CLASS
FOR FREE!**

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

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

RAMA (0420 682 940)

Shashi (0416 329 819) / Shashikala (0450 880 560)

vasudevakriyayoga@gmail.com

Visit www.vasudevakriyayoga.com
or scan for more details



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