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 : 3 Oct-12 Dec ‘26
Saturday 7:30 AM - 9:15 AM

Sherbrooke Family & Children Centre, 1443 Burwood Hwy, Upwey VIC 3158

Try one class for FREE!

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

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

RITA (0481 518 352)
Dr Rajendra Ji (0410 527 904)
vasudevakriyayoga@gmail.com



Visit www.vasudevakriyayoga.com or scan for more details

Vasudevakriyayoga