



SUMMER

OPEN YOUR HEART INTENSIVE

Boost your energy, enthusiasm and joy for life!

Be healthy and strong for the end of year to really enjoy your Summer...

Open your heart to share your gifts and kindness towards others.

Join in for the 7 day
Open Your Heart Intensive
to get all of this plus more!!!



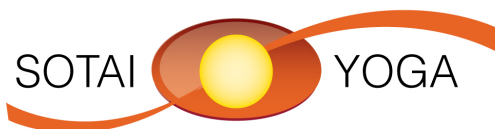
When: Saturday November 5th 6:30am - 9:00am
Monday - Friday 6:00am - 7:00am
(7th - 11th November)

Cost: \$275 (Inc GST) or grab SUPER special Early Bird Price \$250
(Includes take away organic breaky & lunchbox
Monday to Friday plus seasonal recipes & notes)



**CONTACT US TO
BOOK YOUR PLACE TODAY!**

*** Only until September 30th so be QUICK!!!**



www.sotaiyoga.com.au