

# Karuna Yoga

## YOGA FOR TRAUMA HEALING

Classes (max 6)

Tuesdays

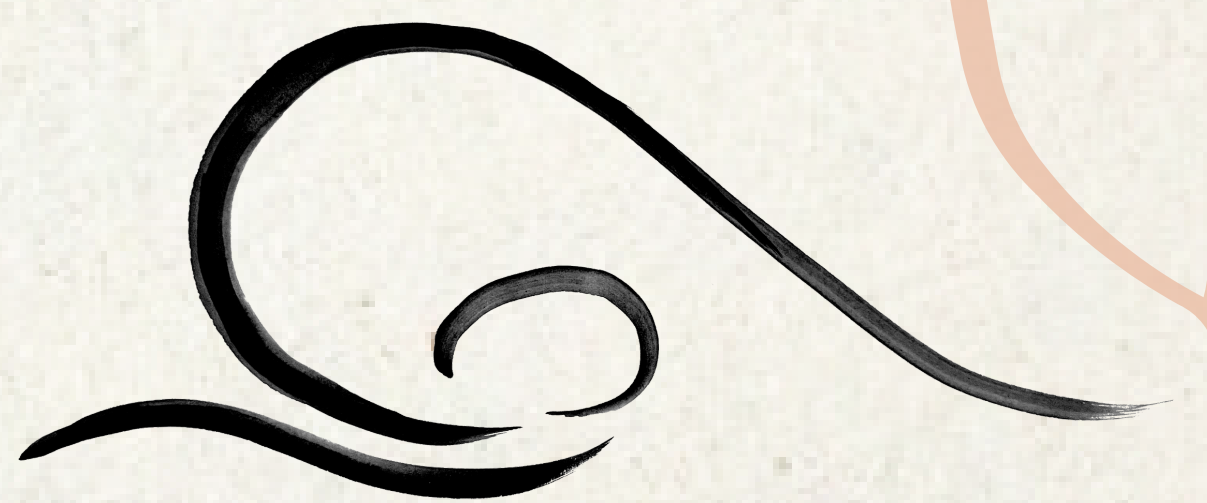
7.30-8.30 am, \$20

Be Well Health Group

298 Surf Coast Hwy

Wadawurrung country

Psychologist and yoga teacher Kimina Lyall combines the ancient wisdom of yoga with the science of Polyvagal Theory for healing and karuna (compassion)



Enquiries and bookings:

0418 316 590

Strength Balance Compassion