

## "Awakening the Heart"

Yoga Practice every third Sunday, from October to April

A celebration of the heart for the freedom and bliss of our true nature.


Program:

10:30-11:00 Heart oriented Yoga Lesson with sound

11:00-12:30 Sun salutation with mantras

12:30-13:00 Tea Break

13:00-14:00 Mantra Yoga and Kirtan



Αφυπνίζοντας  
την Καρδιά  
YOGA SEMINAR  
AT THE SECRET PLACE, 15/10\_22/4  
Με την Ευγενία  
Μηνιακούλη  
\* asana \* pranayama \* meditation \*  
\* sound \* mantra \* kirtan \*  
contact/bookings: info@secretplace.gr  
210 8060389

Μία γιορτή της καρδιάς για την ελευθερία  
και την ευδαιμονία της αληθινής μας φύσης!

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of our true nature!  
www.thesecondplace.gr