

MEDITATIVE PRACTICE WITH CHANT

SATURDAY 20TH APRIL 2024 2.30PM TO 5.00PM

www.yogasevenoaks.co.uk

VENUE: ST MARY'S CENTRE, KIPPINGTON
ROAD, SEVENOAKS, KENT TN13 2LL

FEE: £50

A workshop exploring Vedic chant as a tool for both pranayama and meditation. These chants, taken from the Rig Veda, revitalize our creative energies and nourish the constitution and will be the day's focus.

Suitable for all who are new to chanting. The session will be taught according to traditional methods of Vedic chant using Sanskrit.

Bring yoga mats, blocks and bolsters if you require them: if you have a zafu or meditation stool these would be ideal. Also sufficient covers to remain warm in relaxation at the end of the session.

Celeste Cronin is a BWY Dip yoga teacher,
CHNC registered yoga therapist and
qualified Vedic Chant teacher working in
the Krishnamacharya Tradition.



Book your place by email or phone
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