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LIVE LESS
OUT OF HABIT
AND MORE OUT
OF INTENT.



Sankalpa Workshop

An intention formed by the heart and mind -- a solemn vow, determination, or will.

VITALITYMOVES STUDIO

29 DECEMBER 10-1PM. \$50

Spend some time, being still and moving with intention, using yoga, Qigong, dance and stillness to more deeply connect to self, we will create our personal Sankalpa for 2018.

A Sankalpa begins from recognising something powerful and deeply heartfelt. We already know that this exists in us and our vow is to become it in our daily life and way of being in the world.

Booking essential, contact Michelle 0409591094, michelle@vitalitymoves.com.au