

SURRENDER INTO STILLNESS

TWO EVENINGS OF YOGA & TEA CEREMONY BY CANDLELIGHT
PRESENTED BY OM RITUALS & ARKAYA YOGA

THURS JAN. 10 & FEB. 7
7 PM - 9 PM

THE KUBE STUDIOS

104-875 Gibson's way

MORE DETAILS AT THEKUBE.CA/EVENTS

Investment: \$40 or \$70 for both sessions
TO REGISTER EMAIL OMOMRITUALS@GMAIL.COM

Facilitated by Ross McKeachie & Chloe Angelique



Ross will begin the night by guiding us into the art of surrender. Through traditional Arkaya Yoga practices we will be lead gently into a deepened place of presence and prana (life-force energy) within the body.

Going further into relaxation Chloe will complete the evening with a sacred journey through the senses in an Om Rituals guided Tea Ceremony.



**** Please bring water, a yoga mat and a small blanket. The floors are made of concrete. If you think you'll need some extra cushion please bring extra blankets or double up your mat. Bring whatever makes you feel cozy. ****