

Finding Your Path Documentary Screening and Workshop

A Yoga, Art & Dharma Reflection Workshop



Step into a gentle, nurturing space where movement, stillness and creativity come together.



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What we'll do

- Gentle Dru Yoga flow
- Breathwork and guided meditation
- Creative reflection using art

What you'll gain

- A deeper sense of clarity and direction
- Insight into your values and personal path
- Connection through shared reflection

A calm, supportive experience - no prior yoga or art experience required.

