

# UPCOMING EVENTS

## June



**June  
14  
Sat**

### A SOULFUL MORNING AT THE LET'S PADEL SPORTS CAFÉ

with **Eti Rahman**

Morning Yoga + Mindful breakfast at Let's Padel Café  
8 - 10 AM | AED 150

### STRAWBERRY FULL MOON WOMEN'S CIRCLE

with **Elena & Saina**

Yin Yoga | Reiki | Sound Healing & Tea  
6 - 8 PM | AED 150

**June  
14  
Sat**



**June  
21  
Sat**

### INTERNATIONAL DAY OF YOGA

with **Open Circle**

5:00 PM – Opening Ceremony & Meditation  
5:25 PM – Kriya & Breathwork (Kundalini Yoga)  
5:50 PM – Spinal Health & Posture Awareness Workshop  
6:15 PM – Community Yoga Session  
6:50 PM – Kirtan (Live Mantra Music)  
7:35 PM – Sound Healing Journey  
7:55 PM – Closing Meditation  
5 - 8 PM | FREE

### BACH & BEYOND

with **Sonia & Marta**

Violin & Sound Healing  
7 - 8 PM | Donation Based

**June  
28  
Sat**



**June  
29  
Sun**

### KUNDALINI SADHANA

with **Dareen & Sandrine**

Morning Kriya | Mantra & Meditation  
5:30 - 8 AM | Donation Based



**Book Here**

