

HOUSE OF YOGA
& Wellness

5 POINTS
TOWARDS
WELLNESS
CHALLENGE

Community Day

Join us to celebrate the Spring Equinox

22/09/24 | 9:30AM - 12PM | ALL WELCOME!

In honour of equal day and equal night, we have prepared a delightful Community Day at Mount Drury* as part of our Spring Wellness Challenge. You can bring your friends and whānau for a morning filled with joy and connection. We'll meet in the area from 9am and kick off the event with a **yoga and breathwork class at 9:30am**, continuing on with a meditation session by creating a beautiful mandala on the earth. Afterwards, we can all relax and enjoy some time together, sipping on coffee or eating tasty treats from local vendors or perhaps time to jump in the ocean for a refreshing swim. Come and celebrate with us, fostering community spirit and a wholesome, nurturing atmosphere.

Pre Booking Essential via Mومence

*weather permitting: meet in studio if raining

