

Nataraja – the Dance of Siva Yoga Summer School – January 23 – 27



Join Amy McDonald and dive into a new area of practice each summer morning as you play with standing poses, arm balances, inversions, back bends and forward bends as illustrations to the components of Nataraja: expansion, contraction, concealment, revelation and bliss.

Classes will run 7am – 8.30am at Over the Moon Yoga and Dance Studio.

\$75 for five days, or \$65 if paid before January 1st.

(Bookings and payments must be made in advance.)

Bookings or info: amy@amymcdonald.com.au or 0411 777 328.