A Weekend of Moksha

AT OMEGA INSTITUTE FOR WELLNESS IN RHINEBECK, NY

Sweat. Swim. Study and Sing... Celebrate summer!

JUNE 19th - 21st
FINDING FREEDOM THROUGH YOGA AND KIRTAN

Join sisters Jessica and Deena Robertson and kirtan collective LILA for an inspired summer retreat of yoga and kirtan. The workshop will cover ancient mantras for clearing out cobwebs and creating prosperity and joy. Along with daily yoga classes for all levels that will make you sweat, the group will enjoy an exploration of the different energy centres (chakras) through yoga and music.

Yoga, chanting, great food, beautiful walking trails and so much more will make for an incredible 3 days. Gift yourself and reconnect with a calm mind, fit body and inspired life!

Information: www.lilamusic.ca or www.eomega.org - Tuition :$324 (USD)