

# SUBHADRA AT

## STRAWBERRY HILL



### JOIN SUBHADRA IN A JOURNEY OF ASANA, PRANAYAMA & MEDITATION WITH CHANTING & DISCUSSION



“This strong energetic asana practice concentrates on alignment to root, lengthen and expand. Learn effective ways to use Yoga postures to heal and nurture challenged areas of the body, heal through chanting of mantras and clear space to expand our consciousness.”

**SPA SPECIALS AND LUNCH BOOKINGS AVAILABLE**

**SATURDAY JULY 25TH 10:00A.M. – 1P.M.**

**\$5500 BEFORE JULY 20TH / \$6500 AFTER JULY 20TH**



Tel: (876) 944-8400 or (876) 619-7872

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Bookings required, parking available. Tax & service charges included.