

Seaside Yoga Sanctuary presents

SIDDHI'S MORNING PRACTICE

Sunday, November 13th, 7:00 - 8:30 AM

Please join me in my morning practice, to stimulate all of your bodies.

Through the application of pranayam, yoga asanas, mantra, mudras and meditation we will stimulate our the spiritual, mental, emotional, and physical body.

“The only consistency in the last thirty years of my life has been my morning practice. No matter what, every morning I show up to meet my calling and my challenge – getting up and getting ready to be in the world. I find contentment, inner stillness and strength in my practice, all attributes that support me to be who I am.”

Ma Dhyam Siddhi, is certified Kundalini, Naam, Sattva & Prenatal Yoga Teacher. Siddhi loves the life of a modern yogini. She travels the world and spreads the fragrance of the depth and joy that yoga can bring into ones life.

Siddhi is a yoga teacher trainer & presenter at the International Yoga Festival in Rishikesh and at the Yoga Alliance Leadership Conference, in Palm Springs CA

YOGA
MANTRA
MUDRA

Cost: \$35 (incl.DVD) without \$15
Register for all 3 workshops and save \$15.

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