



WATER

UPCOMING EVENTS

WINTER

OKI-DO Winter Workshop with Peter Masters

When: Sunday, 24th July 2011

Time: 10:00am - 1:00pm

Cost: \$65 - Includes refreshments

Venue: WAVES Community Centre - 23 Oliver St, Freshwater



Winter is the season to draw our energies inwards for renewal and replenishment - creating a firm foundation for the year ahead.

In this workshop Peter will offer useful practices to keep warm and vital including:

- **strengthening yoga asana**
- **meditation**
- **sound and healing work**

Oki-do is a unique union of Indian Yoga, Chinese Taoism, Oriental Medicine and Japanese Zen. Peter is a senior Australian Oki-do teacher with a wealth of yoga and shiatsu experience to share. He's also the director of Zen Central Yoga Studio in Brisbane, www.zencentral.com.au

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