



# 4 DAY PRANAYAMA INTENSIVE

**Tuesday 28 – Friday 31 December**

**7.00 – 8.30am**

**\$85**

with Mark

Learn to consciously engage the  
oft-neglected breath.

The true source of our energy that  
nourishes the whole body.

Please book with studio.



**DOUTTA GALLA**  
YOGA STUDIO

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