

# Bhakti Yoga

with

## Daphne Tse & friends



7th January 7:00pm-9:30pm

### **Bhakti Yoga: Exploring the Goddesses through kirtan with Daphne Tse, Bobby Parrs featuring Kate and Haitch!**

Join Daphne and friends as we immerse ourselves in Bhakti yoga through the practice of contemporary kirtan. Kirtan calls upon sacred energies, which serve to quiet the mind, remove obstacles, and bring us back to the centers of our being.

We will experience the power of the healing mantras of the Goddesses. All are welcome.

No musical background needed.

\$25 Pre-paid / \$30 at the door

8th January 2:00pm-5:00pm

### **SoulSongs & Soundwaves Healing Journey with Daphne Tse, Haitch and Friends**

Learn how to connect and balance your chakras through toning & sounding (making sustained vibratory sounds without melody, rhythm or words) to activate and engage all parts of yourself.

After this interactive SoulSongs experience, we will transition into a sound healing immersion focused on cellular level vibrational reset. During this sonic offering, you will be bathed in deep earthy vibrations of the didgeridoo fused with ethereal world flutes and ancient vocals.

\$40 Pre-paid / \$50 at the door

## Zen Space

225 Mt Glorious Road, Samford Valley  
www.zen-space.com.au

