

New Year's Eve Ecstasy

Friday 31st December 2010

Avalon Recreation Centre, 59 Old Barrenjoey Road, Avalon

Celebrate the New Year
in a radical and wholesome way



17:00 Yoga class and children's art and craft / 18:30
Dinner / 19:30 Kirtan – live music, chanting and dancing

Booking necessary! Please contact Natalia on 0419 271 371 or by email natalia@saffronrose.com www.saffronrose.com

♥ **Kirtan** - Sacred chanting and blissful dancing to live music with internationally recognised artists Sri Prahlada & the Bhakti Band (a master of Kirtan featured in Steven Rosen's book "The Yoga of Kirtan")

♥ **Yoga** - Setting your intention for positive change in the New Year with a transformative Yoga and Meditation session

♥ **Family Friendly** - Yoga class for adults while the younger children are led through art and craft activities with a Steiner trained playgroup leader

♥ **Food** - Delicious vegetarian buffet catering for both young and old



♥ Please bring your own cushion and yoga mat.

♥ No alcohol allowed.

♥ \$60 per person for the whole event, all inclusive

♥ \$50 for dinner and Kirtan only

♥ \$30 per child under 12 years old, all inclusive