



Red Hot Offerings at Om  
this coming June...



## 108 Surya Namaskar Challenge 2023

Sunday 25 June - 9.30am to 5.30pm at the Studio



Join your fellow Ommies for our annual 108 Surya  
Namaskar Challenge!

This year we're at the studio and you can choose to join in  
at either 9.30am or 1.00pm.

We are raising funds for our Om Yoga Works Foundation  
to offer continued free yoga sessions to our community  
classes and teen classes.

Raffle tickets will be available on the day with some  
OMazing prizes to be won.



# Relief for neck and shoulder tension through somatic movement

Saturday 03 June - 2.00pm to 4.00pm with Ian Young



Do you suffer from neck and shoulder aches, stiffness or pain?

Somatic movement is a gentle accessible movement practice which is so powerful because it addresses the root cause of muscular tension...



## Om Kirtan

Sunday 04 June 2.00pm - 4.00pm with Angela and your fellow Wallahs!



Kirtan creates a meditative and uplifted state of mind helping you to open your heart and chant with joy. We chant songs from different nationalities and may invite you to dance and shake or bang an instrument.

Musical ability is not required just an open heart and mind  
- ALL ARE WELCOME!



## A Journey to Transformation

Sunday 11 June - 11.00am - 12.30pm with Katya



KatsahaYoga adds a special twist to this Kundalini practice by Osho through adding live music, a different instrument for each section of the meditation.



## Dances of Universal Peace

Saturday 17 June - 4.00pm - 6.00pm with Jilani



Dance the Prayers of your Body, Heart and Soul!  
Everything is taught as we go along, so anyone can join.



Dates for your Diary

June:

- 03 Saturday** - Relief for neck and shoulder tension through somatic movement with Ian Young
- 04 Sunday** - Om Kirtan with Angela and Ommies
- 11 Sunday** - A Journey to Transformation with Katya
- 17 Saturday** - Dances of Universal Peace with Jilani
- 25 Sunday** - Surya Namaskar 108 Challenge

July:

- 15 Saturday** - BWY Yorkshire Regional Sangha
- 16 Sunday** - Sound Relaxation with Jan Maguire



**Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.**

**Contact us**



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