

# FREE WEBINARS WITH YOGA IN DAILY LIFE AUSTRALIA CELEBRATING THE INTERNATIONAL DAY OF YOGA

## The Four Pillars of Health

Join us to hear traditional yogic wisdom and learn some easy practical tips that can improve all the aspects of our wellbeing. There will be talks, explanations, short demonstrations, and opportunities to ask questions and share your insights.

If you are experienced yoga practitioners or you don't have any experience with yoga, you are all welcome to join, because we know that all of you will get an inspiration to try some small but crucial steps establishing your daily routine, to develop, improve and sustain your health and wellbeing.

## YOGA FOR THE WELLBEING OF BODY, MIND AND SOUL

### *The four pillars of Yoga in Daily Life*

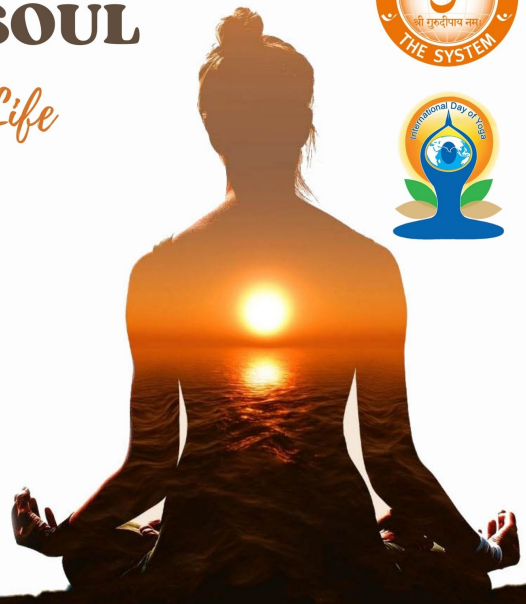
Four free webinars with Yoga in Daily Life (YIDLA)  
through the month of June

- **June 4** YIDLA for **physical health** / Sunshine Coast
- **June 11** YIDLA for **mental health** / Sydney
- **June 18** YIDLA for **social health** / Melbourne
- **June 25** YIDLA for **spiritual health** / Brisbane

Saturdays 5.30-6.30 PM AEST

JOIN HERE: <https://bit.ly/3NA0Nnn>

[www.yogaindailylife.org.au](http://www.yogaindailylife.org.au)



The webinars will take place Saturdays 5.30-6.30 AEST (UTC+10) = 9.30-10.30 CEST (UTC+2) and they will cover the four pillars of health & wellbeing:

June 4 – Yoga for mental health / Sydney  
June 11 – Yoga for physical health / Sunshine Coast  
June 18 – Yoga for social health / Melbourne  
June 25 – Yoga for spiritual health / Brisbane

Join here: <https://bit.ly/3z6aLZZ>

or scan the QR code

