



# FULL MOON YOGA

JOIN US FOR A FULL MOON PRACTICE OF  
YOGA FOR EMOTIONAL BALANCE

All levels of experience welcome.

Please bring a yoga mat, and a shawl or blanket.

Date & Time: Sunday, December 3<sup>rd</sup>  
6.30pm - 7.45pm

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Connect with your inner tides. Breathe, and be home.

Still though, think about this,  
this great pull in us to connect.  
Why not become the one who lives  
with a full moon in each eye  
that is always saying, with that sweet moon language,  
What every other eye in this world is dying to hear?  
- *Hafiz*

## CONTACT US

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FEE: AED 130

LOCATION: The LightHouse - Center for Wellbeing. For directions  
please refer to attached location map or visit our website

[lighthousearabia.com/contact](http://lighthousearabia.com/contact)

**\*Kindly note, Complimentary Valet Parking is available.**

**Light refreshments will be served.**



[lighthousearabia.com](http://lighthousearabia.com)



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING