



divinegrace

andrew mournehis yoga

*“To sing is to
give earth a
spiritual blessing.”*

MAY 2015

‘The Voices of Yoga’ Workshop

with Andrew Mournehis and Tania de Jong AM

Saturday May 28 2016 12.30-4.30pm (incl. afternoon tea)

Breathing Space Yoga Studio, 217 Chapel St. Prahran



A special afternoon workshop with acclaimed Yoga Instructor, Tantric Practitioner and Transpersonal Counsellor Andrew Mournehis and leading soprano, voice healer and social entrepreneur Tania de Jong AM

Wake up and find your unique voice this Autumn. Andrew and Tania will lead you on a journey of breath, yoga, sound, chant, meditation, song and vocal technique, where you'll free your body, open your heart and uncover your own natural voice. This day of unlocking the potential of your voice and healing your mind, body and spirit will include moments of reflection, meditation and joyful celebration!!!

Come Join us and be amongst the beautiful Voices of Yoga

BYO Yoga mat, journal and a pen

Investment: \$160 incl. Afternoon tea

Bookings/enquiries: email Andrew on

amournehis@divinegrace.com.au

or phone 0418121468. We recommend booking early as places are limited.

Andrew Mournehis has come from a diverse Yoga background and teaches a combination of Hatha, Bhakti and Tantra Yoga. His Creative, Joyful and Heart-filled teaching strengthens the body, soothes and clears the mind, whilst enlivening and enriching the Spirit through both Postural and Universal Alignment. His unique teaching style is imbued with Heart and Soul, rich in Tantric Philosophy and his classes are filled with Inspiration, Story telling, Mantra and the Spirit of the Divine. Andrew brings to his work over 14 years of experience in Transpersonal Counselling and Art Therapy Techniques, 17 years of Yoga Teaching and over 25 Years experience in the Creative Arts Fields, as a dancer, choreographer and movement stylist for, none other, than Tina Turner.

Tania de Jong AM is a leading Australian soprano, inspirational speaker, social entrepreneur, spiritual journeywoman and creative innovation catalyst. She founded Creative Universe, Creativity Australia, Music Theatre Australia, Pot-Pourri and The Song Room and works with diverse communities through the 'With One Voice' choir social inclusion programs. Tania sings around the world as a soloist and with her group Pot-Pourri releasing 7 CDs. She is Founder and Executive Producer of Creative Innovation Global. Tania's TED Talk 'How Singing Together Changes The Brain' has sparked international interest. Tania has just released her solo CD 'Heaven on Earth' - www.taniadejong.com



Unleash your unique voice, free your body, calm your mind and experience pure joy!