



Zoë Stone Yoga

Time to make your soul happy



Yoga for Wellbeing - Thank you x

Thank you so much for joining me this morning for a relaxing Hatha Yoga practice in Dyers Barn on the Chawton House Estate. It was so good to see everyone, the atmosphere felt so calm and inviting. We started our practice with 3 part breath, allowing ourselves a moment to settle in and create peace and harmony within before continuing with a warrior flow. After our flow we played a beautiful piece of music for our Savasana. Continue reading to hear the meaning of today's music Suni-Ai x



Suni-Ai - By Snatum Kaur

Listening, the siddhas (beings of spiritual perfection), The spiritual teachers, the heroic warriors, the Yogic Masters. Listening, the earth, it's support, and the akaashic ethers. Listening, the oceans, lands, and peoples of the world, And the nether regions of the underworld. Listening, death cannot touch you. O Nanak, the devotees are forever in bliss. Listening, pain and sin are erased.

<https://open.spotify.com/track/5EqOLZokxmTPREUL4Y35Iy?si=29ab0e47285d4bd1>

Classess

There are spaces for you this week at the All Saints Church Hall, Queens Road, Alton:
Wednesday 7-8pm



Thursday 930-1030am
Bookings:
www.zoestoneyoga.com
I hope to see you there x

I'd love to stay in touch, if you no longer wish to receive these notes, please let me know x

"If you only say one prayer in a day, make it 'Thank you'! Rumi

[Book](#)



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