

PRAMEET KOTAK AT SPRINGWOOD STUDIO

AUSTRALIA TOUR 2020

INTERNATIONAL WELLNESS COACH

**CLASSICAL YOGA | MEDITATION | LECTURES & CONVERSATIONS |
ENERGETIC TRANSFERENCE | MASSAGE***



FOR TECHNICAL ENQUIRES:
PRAMEET@PRAMEETKOTAK.COM | FACEBOOK/PRAMEETKOTAKOFFICIAL

AT SPRINGWOOD STUDIO

REPAIR, PERFORM, ENHANCE RETREAT:

(3 DAYS/ NON-RESIDENTIAL)

21, 22 & 23 FEBRUARY 2020

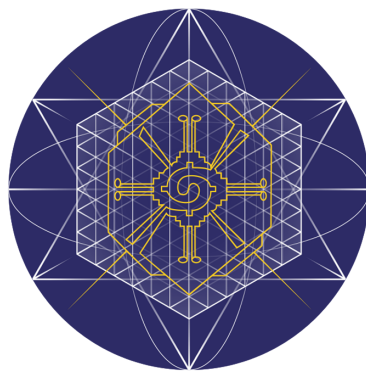
YOGA INTENSIVE WITH PRAMEET:

(2 DAYS/ NON-RESIDENTIAL)

28 & 29 FEBRUARY 2020

***MASSAGE (ONLY VIA REFERRAL)**

IN ASSOCIATION WITH



bodyguru
retreats.com.au

**WANT TO TRY A CLASS BEFORE SIGNING UP? DROP IN TO OUR TASTER YOGA CLASSES
FOR BOOKINGS AND ENQUIRES: SARAH TAPSCOTT 0417 861 600**

ABOUT PRAMEET KOTAK

PRAMEET KOTAK IS A WELLNESS COACH WITH 22 YEARS OF GLOBAL EXPERIENCE IN THE WELLNESS INDUSTRY. PRAMEET IS A CLASSICAL STYLE ASHTANGA YOGA INSTRUCTOR FROM THE SCHOOL OF HATHA YOGA. (AS DOCUMENTED BY THE SAGE PATANJALI), ASHTANGA ALSO REFERRED TO AS THE "EIGHT LIMB YOGA" AND CREATES THE FOUNDATION FOR ALL STRUCTURED YOGA PRACTICE. PRAMEET'S UNIQUE MEDITATION TECHNIQUES ARE EXPERIENCED AND APPRECIATED WORLDWIDE.

