



### Food Donations

The ART GROUP is collecting food goods in pasta, sauces, biscuits and tins to donate to several charities. Please place food items in the box at the Studio. At this time of year many agencies are desperate for food donations.

## WINTER 2019

The cooler weather has arrived. The hills behind the Studio have been transformed by the rains into a soothing emerald green vista. The fireplace is burning; the tea kettle is on the boil; and we have some soul nourishing events happening to keep us warm in body and spirit.

In celebration of the upcoming INTERNATIONAL DAY OF YOGA Springwood Studio is pleased and honoured to welcome GURUJIVAN from Melbourne. She will be leading a Kundalini Yoga workshop on Sunday, 23 June. See promo below.

GuruJivan Kaur studied directly under Yogi Bhajan, the Master of Kundalini Yoga, and has been teaching for over 45 years, leading workshops, retreats and Teacher Training around the world.

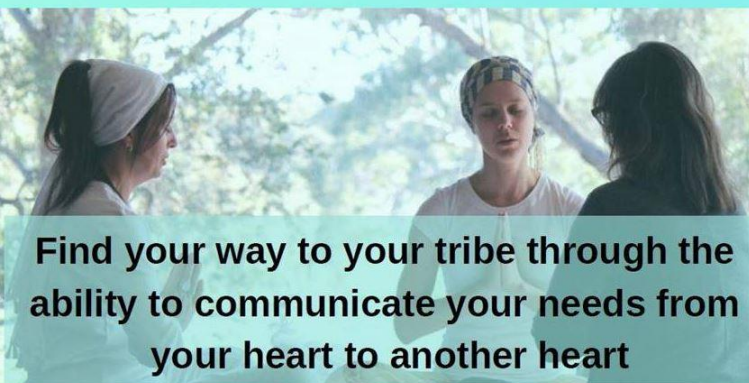
In addition to this very special event with GuruJivan, we are pleased to welcome NEW PRACTITIONERS to the Studio: Julie Sayasane (Beant Prem), Sophia Simos and Sarah Tapscott. See their promos over the page. And remember to save the date for our upcoming COMMUNITY BONFIRE event Sunday 11 August 2pm - 5pm. We look forward to seeing you soon.



JOIN GURUJIVAN, a teacher for over 45 years, for this workshop of KUNDALINI YOGA as taught by Yogi Bhajan. After working hard we will relax into the blissful sound of the gong by Balwant Singh.

Sunday 23 June 1pm – 3.30pm  
Cost: \$55  
[www.trybooking.com/BANWZ](http://www.trybooking.com/BANWZ)  
For more information contact: The Rarest Gem 0419 195 509  
[urambo@gmail.com](mailto:urambo@gmail.com)

## MAKING A CONNECTION



Find your way to your tribe through the ability to communicate your needs from your heart to another heart

## WEEKLY CLASSES

### \* NEW CLASSES FRIDAY & SUNDAY \*

#### THURSDAY

10.30am -11.45am Kundalini Yoga with Tina  
0488 286 665

6pm -7pm Kundalini Yoga with Alex  
0429 388 212

7.15pm - 9.30pm Meditation and Study Group of Dr Joe Dispenza's work facilitated by Sandra 0417 392 613  
Pre-requisites apply

#### FRIDAY

\*NEW \* Qigong with Sophia Starting in July  
0430 817 757

#### SATURDAY

10.30am - 11.45am Kundalini Yoga with Daljot | Kathryn  
0488 253 180

#### SUNDAY

5am - 7.30am Community Sadhana  
Contact Angela 0439 394 449

\* NEW \* 10.30am - 12 noon Kundalini Yoga 1<sup>st</sup> & 3rd Sunday of every month with Julie | Beant Prem  
0402 739 975

### PRICING AND BOOKINGS

Contact the instructors of the class for bookings and for prices. \*Sadhana by Donation\*

### LOCATION

SPRINGWOOD STUDIO is located at 198A Mt Barker Road Leawood Gardens, Crafers, SA 5150

### GENERAL ENQUIRIES

[admin@springwoodstudio.com.au](mailto:admin@springwoodstudio.com.au)  
[www.springwoodstudio.com.au](http://www.springwoodstudio.com.au) or 0488 286 665



## WINTER EVENTS

### JUNE

1. **SOUNDBATH with Ahilya** Saturday 22 June  
3pm – 5pm. Contact Ahilya 0419 810 174
2. **GURUJIVAN Workshop – Kundalini Yoga - Making a Connection** Sunday 23 June 1pm – 3.30pm. Contact Rarest Gem 0419 195 509 (promo over page)
3. **QIGONG MASTERCLASS** (promo below right) Saturday 29 June 2pm – 4pm. Contact Sophia 0430 817 757 [goddessofqiguest@gmail.com](mailto:goddessofqiguest@gmail.com)
4. **BE EMPOWERED TALKS** (promo to right) Sunday 30 June 9.30am – 12.30pm. Contact Sarah Tapscott, Pure Potential 0417 861 600 [sarah@purepotentialgroup.com](mailto:sarah@purepotentialgroup.com)

### JULY

5. **SOUNDBATH with Ahilya** Sunday 21 July 3pm – 5pm. Contact Ahilya 0419 810 174
6. **BE EMPOWERED TALKS** (promo above right) Sunday 28 July 9.30am – 12.30pm. Contact Sarah Tapscott, Pure Potential 0417 861 600 or [sarah@purepotentialgroup.com](mailto:sarah@purepotentialgroup.com)

### AUGUST

7. **COMMUNITY BONFIRE** Sunday 11 August 2pm – 5pm. Contact Kathryn 0488 286 665 or [admin@springwoodstudio.com.au](mailto:admin@springwoodstudio.com.au) (promo to right)
8. **SOUNDBATH with Ahilya** Sunday 18 August 3pm – 5pm. Contact Ahilya 0419 810 174
9. **YOGI BHAJAN BIRTHDAY Celebration. More information soon!**
10. **BE EMPOWERED TALKS** (promo above right) Sunday 25 August 9.30am – 12.30pm. Contact Sarah Tapscott, Pure Potential 0417 861 600 [sarah@purepotentialgroup.com](mailto:sarah@purepotentialgroup.com)

\*NEW\*  
Kundalini Yoga Class  
1<sup>st</sup> & 3<sup>rd</sup> Sunday of every month  
10.30am - 12 noon

Contact: Julie | Beant Prem  
0402 739 975



WANT TO EXPERIENCE MORE IN LIFE?  
BODY MIND & SOUL TEACHINGS  
MULTIPLE SPEAKERS SHARING  
ADELAIDE HILLS - MONTHLY  
SPRINGWOOD STUDIOS



START YOUR WEEK EMPOWERED 🌟 Last Sunday Monthly 🌟 9.30am – 12.30pm  
Info: Sarah Tapscott 0417 861 600 📧 e: [sarah@purepotentialgroup.com](mailto:sarah@purepotentialgroup.com) 🌐 [www.purepotentialevents.com](http://www.purepotentialevents.com)



SPRINGWOOD STUDIO  
COMMUNITY BON FIRE  
Sunday 11 August 2 – 5pm

WE INVITE YOU and your loved ones to  
join us around the fire pits at  
Springwood Park for a SHARED LUNCH.

Dress warmly and bring a plate of food  
to share. (Label vegetarian, gluten free,  
non-vegetarian).

RSVP by Wednesday 7 August by  
contacting Kathryn on:  
0488 286 665 or  
[admin@springwoodstudio.com.au](mailto:admin@springwoodstudio.com.au)



Saturday 29 June  
QIGONG MASTERCLASS  
2pm - 4pm  
Contact: Sophia Simos from Goddess of Qi  
0430 817 757

