

# New Year's Eve Ecstasy

Friday 31st December 2010

Avalon Recreation Centre, 59 Old Barrenjoey Road, Avalon

Celebrate the New Year  
in a radical and wholesome way



17:00 Yoga class and children's art and craft / 18:30  
Dinner / 19:30 Kirtan – live music, chanting and dancing

Booking necessary! Please contact Natalia on 0419 271 371 or by email [natalia@saffronrose.com](mailto:natalia@saffronrose.com) [www.saffronrose.com](http://www.saffronrose.com)

♥ **Kirtan** - Sacred chanting and blissful dancing to live music with internationally recognised artists Sri Prahlada & the Bhakti Band (a master of Kirtan featured in Steven Rosen's book "The Yoga of Kirtan")

♥ **Yoga** - Setting your intention for positive change in the New Year with a transformative Yoga and Meditation session with Fabio Fabbri

♥ **Family Friendly** - Yoga class for adults while the younger children are led through art and craft activities with a Steiner trained playgroup leader

♥ **Food** - Delicious vegetarian buffet catering for both young and old

♥ Please bring your own cushion and yoga mat.  
No alcohol allowed.

\$60 per person for the whole event, all inclusive

\$50 for dinner and Kirtan only

\$30 per child under 12 years old, all inclusive

