

COMMUNITY QOYA



Wise, Wild, Free



Qoya is a soulful women's movement practice where we celebrate our wisdom with yoga, our wildness with dance and our freedom to be authentic women



Earnscleugh Hall, 506 Earnscleugh Road, Alexandra

www.thriveinlight.co.nz/retreats-events

or phone Kate on 021 033 7626 or Fiona 027 434 7569



THRIVE *in* LIGHT

by Kate
Watkinson