

ALEXANDRA QOYA GATHERING



Wise, Wild, Free



Qoya is a soulful women's movement practice where you celebrate your wisdom with yoga, your wildness with dance and your freedom to be an authentic woman



Thursday 22 April 2021

St Aidan's Church Hall

Corner Bantry & Shannon Street, Alexandra

6 - 8 pm \$20

to learn more about the magic call Kate 021 033 7626 or head to the website link below.



THRIVE *in* LIGHT

by Kate
Watkinson

Registrations via -

www.thriveinlight.co.nz/retreats-events

QOYA

“QOYA IS A POTENT, MAGIC & CATHARTIC JOURNEY INTO OUR DIVINE ESSENCE AS EMPOWERED WOMEN.”

Kate Watkinson



Experience a holistic practice for women incorporating the wisdom of Yoga, the freedom of dance & the wildness to enjoy being in your feminine body.



THRIVE *in* LIGHT

by Kate
Watkinson

to learn more about how
awesome Qoya is -

www.thriveinlight.co.nz/qoya