

SUNNY MIND YOGA & WELLNESS



ONLINE PROGRAMS

ONLINE PROGRAMMES ARE CURRENTLY IN
DEVELOPMENT AND ARE BEING RECORDED.

COURSES WILL COVER:

HO'OPONOPONO HEALING

YOGA FOR ANXIETY

YOGA FOR INSOMNIA

CANCER HYPNOTHERAPY

HYPNO-GASTRIC BAND

REBIRTHING

MEDITATION FOR THOSE WHO CANT

LAW OF ATTRACTION FOR THOSE WHO CAN'T

GET IT!

KUNDALINI YOGA

FACE YOGA