



KARIN MONTALI YOGA WEEKEND NOTES

YOGA LOUNGE
CLARINBRIDGE, CO GALWAY

THANK YOU TO ALL WHO PARTICIPATED THIS WEEKEND OF YOGA WITH KARIN

IN ORDER TO JOG YOUR MEMORY AND
ENCOURAGE YOUR PRACTICE TO SPRINGBOARD
HERE ARE SOME PHOTOS OF THE WORK WE DID ON
THE WEEKEND

PLEASE DO NOT REPRODUCE OR SHARE THIS INFORMATION
WITH ANYONE OR ON SOCIAL MEDIA UNLESS IT IS JUST YOU IN
THE PHOTO.

IF YOU WISH TO BOOK IN FOR A RETREAT WITH KARIN IN ITALY
HERE IS THE LINK – [CLICK HERE](#)



KARIN MONTALI WORKSHOP NOTES MARCH 2023



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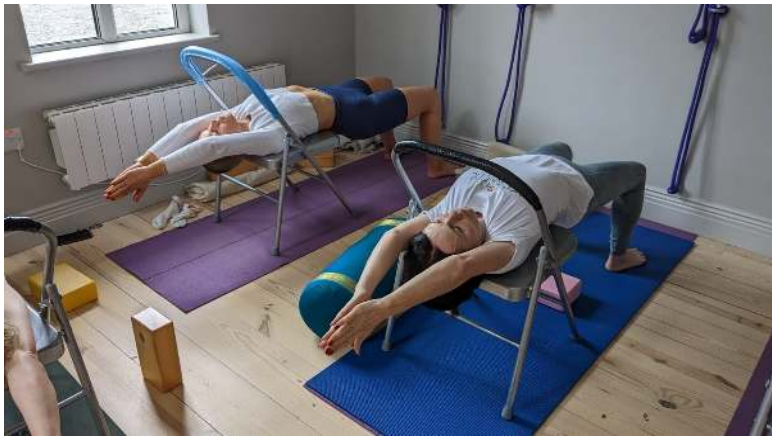
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