



urbanbliss  
YOGA



## BE PART OF HISTORY AS WE TURN THE SOUND DOWN FOR CHARITY!

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Take a break from your busy week for Brisbane's first silent yoga experience in the heart of the CBD.

All profits from this event will go to supporting  
The Black Dog Institute - a world leader  
in the diagnosis, treatment and prevention  
of mood disorders.

**Are you ready to do a downward-facing dog for  
the Black Dog?**

**BOOK NOW: [www.urbanblissaustralia.com.au](http://www.urbanblissaustralia.com.au)**

| September 11th 2016 | 5:30pm |  
King George Square  
BYO yoga mat  
| Suitable for all levels | All age event |