



10th

Being Yoga Happy Birthday

saturday, october 18th all-day event

Come laugh, dance, stretch and sweat
with your friends at Being Yoga

5-in-5 Yoga Jam

(all-day yoga-thon)

8-9:30am Bikram Yoga

10-11am Flow

11:30am-12:30pm
Beginning Yoga

1-2pm Yin Yoga

2-2:30pm Meditation

4:30 & 6:30
pm classes
are canceled
for this day
only



Post- Yoga Jam Party!

enjoy food, libations,
and much more!

Donations welcomed

6-10 pm

open house

This will be
so much fun...
bring your
friends!

kids
welcome

enjoy
15%
savings

on all retail items
October 11 - 18
2008

chanting
6-7pm

special Birthday Membership

7 months
for the price of 6

14 months
for the price of 12

experience
Yoga
Groove DJ music
7:30-10 pm

belly-dancing
lessons
7-7:30 pm

\$20 entrance fee for one
or more classes.

Pledges optional.

Donations welcomed for the
Post- Yoga Jam party events.

The event's profit will go to The
Art of Yoga Project. The mission of
The Art of Yoga Project is to lead
teen girls in the California juvenile
justice system toward accountabil-
ity to self, others and community
by providing practical tools to effect
behavioral change.

the
art of
yoga
project
Nothing Beyond Her Reach



Being Yoga

Freedom in your body and mind

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