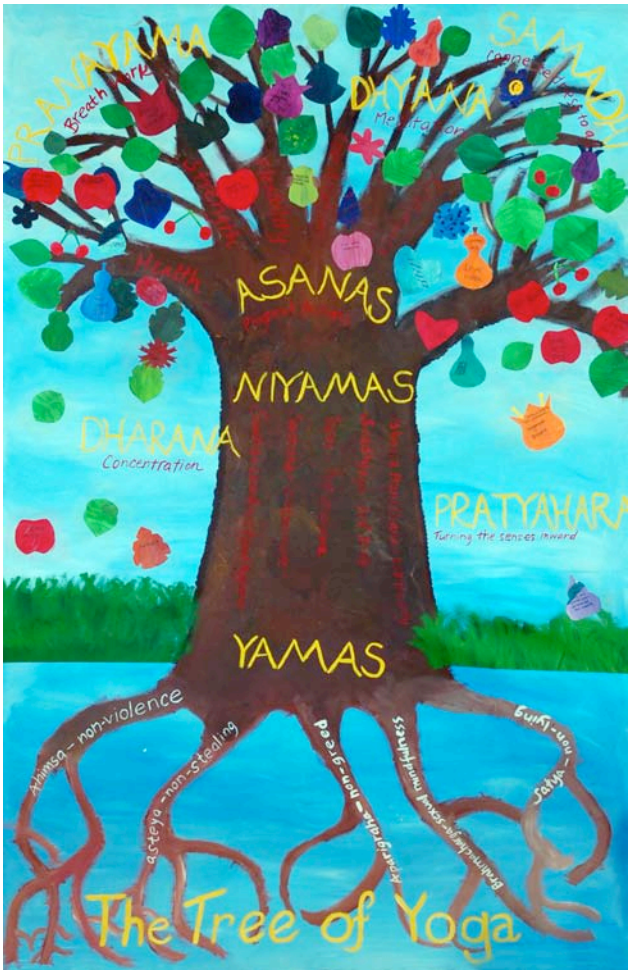
JANET STONE
ART OF YOGA PROJECT BENEFIT

February 9th, 1:30-3:30pm
Yoga Tree Castro



Join The Art of Yoga Project and Janet Stone for an eye opening and heart-warming experience! This two hour class will benefit The Art of Yoga Project, a non-profit organization leading at-risk teen girls toward accountability to self, others and community by providing practical tools to effect behavioral change. With plans to extend our work from San Mateo to the girls in the S an Francisco Juvenile Hall, The Art of Yoga Project hopes to one day inspire all girls to allow their unique beauty to radiate.

Throughout this workshop Janet will guide you in a dynamic, rigorous, joyful, sweaty and deeply nurturing flow. Move your yoga off the mat and embrace life through karma yoga, the yoga of service. Come with a wide-open heart!

Three ways to Donate! ***All proceeds will be donated to the Art of Yoga Project***

* $35 - Pays for yoga props for one girl to participate in the program while incarcerated

* $60 - Will cover art and writing supplies for one girl to complete a six-week Art of Yoga Project session

* $100 - **Taking it Home package** enables one incarcerated girl to continue her practice upon her release. Includes a yoga manual, yoga mat, yoga tee and capris, along with a list of studios allowing free yoga for the girls.

Yoga Tree Castro
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San Francisco, CA 94114
415-701-9642

YOGA TREE
yogatreesf.com

For more info or to register visit yogatreesf.com