



New Year's Day 2012

Yoga with Anne O'Brien

A benefit for the Art of Yoga Project

Yoga One Petaluma

224 Weller St., Petaluma 707 888 2286

INFO@YOGAONEPETALUMA.COM

ALL LEVELS.

January 1 Sunday 2:00- 4:00 pm



Come practice in community, get a good start on your *sankalpa*, positive resolve, and contribute to a most worthwhile non-profit organization. Bring yourself, bring friends, bring family... and you don't even have to get up early! Advance registration encouraged. Suggested donation \$25. - 75.

The Art of Yoga Project (AYP) specializes in working with incarcerated teen girls. Their mission is to lead teen girls in the California Juvenile Justice System toward accountability by providing practical tools to effect behavioral change. AYP now serves over 500 girls throughout the Bay Area.

The cornerstone of AYP is the Yoga and Creative Arts Curriculum, a secular course that combines health education, character development, yoga, meditation and creative arts. This gender-responsive program teaches at-risk girls to identify the issues that cause them to make poor choices; manage their anger and impulses; become accountable for their actions, to themselves and their communities; and develop a productive outlet for their emotions and dreams.

The Art of Yoga Project is a 501(c)(3) non-profit organization, tax ID number is: 20-2448697.

the
art of
yoga
project

Nothing Beyond Her Reach

Anne O'Brien teaches Modern Hatha Yoga, an inspired, life-affirming fusion of yoga practices primarily drawn from the Krishnamacharya lineage. Her classes offer precise technique, physical challenge, creative innovation, and conscious awareness interwoven with yoga philosophy. The practice encourages a full being spiritually uplifting experience. Anne has taught for nearly 20 years, trains teachers throughout California and Mexico, is the yoga consultant to The North Face®, and was recently featured in the documentary film, *YogaWoman*.



More info at
www.anneobrienyoga.com