



ART OF YOGA PROJECT BENEFIT WITH KENT BOND

**JUNE 28TH, SATURDAY
12:30 - 3:00 PM**

Join The Art of Yoga Project and Kent Bond for an eye opening and heart-warming experience! This two and a half 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. The fundraiser will provide funds for the Santa Clara program at the Muriel Wright Residential Center in So. San Jose. Just 3 months new, this program already serves some 20 girls. The Art of Yoga Project hopes to one day inspire all girls to allow their unique beauty to radiate.

Throughout this workshop Kent 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.

For more info or to register visit willowglenyoga.com