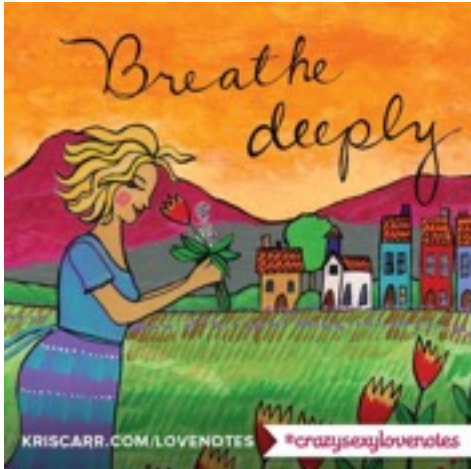


MINDFUL MONDAY YOGA



*Inhale to nurture exhale
to release*

**Linking our movement
with our breath links
our awareness to the
present.**

BREATHE DEEPLY

Inhale the light and joy, exhale the day
gone by.

Without the breath yoga is no longer yoga.

Join us for a relaxing basic yoga class
focused on our breath and have us honor
and replenish our efforts in a beautiful
savasana.

I WILL BE PAYING IT FORWARD
donating all fees to ROCKING THE
ROAD FOR A CURE. A no-profit (501C)
organization founded to provide free
educational, homebound and group
services for women and men who are being
treated for breast cancer. Cost \$20.00

**MONDAY JUNE 5TH 10AM -11:30
AM**

YOGA AND POLARITY, PREM STUDIO, 32 CHURCH ST. MALVERNE, NY. 11565

To register please contact:

Catherine Beriloff RYT200 516-729-0289 cberiloff@gmail.com

replace with
LOGO

**[COMPANY
NAME]**

[Address, City, ST
ZIP Code]

[Telephone] |

[Email Address] |

[Web Address]