



GRATITUDE IN ACTION: ART OF THANKS-GIVING

WWW.STEADFASTFREEDOMYOGA.COM

JOIN JORDAN MALLAH FOR A YOGA WORKSHOP TO BENEFIT THE ANDEAN VILLAGERS OF SANTA BARBARA, PERU. RELIEVE STRESS AND OPEN TIGHTNESS IN THE BODY WITH STANDING POSES, HIP OPENERS, AND BACKBENDS. CULTIVATE INNER AWARENESS, MOTIVATE FOR SOCIAL CHANGE AND CELEBRATE THE BOUNTIFUL BLESSINGS IN YOUR LIFE BY FINDING A BALANCE BETWEEN GIVING AND RECEIVING. WORKSHOP INCLUDES A PERUVIAN PHOTO EXHIBIT.

SATURDAY NOVEMBER 14

10-11:30 AM

SUGGESTED DONATION:\$15