

Peace through Yoga



108 Sun Salutations - Sunday, June 20 at 10:00 a.m.

Celebrate Summer Solstice with us by doing all or part of the 108 Sun Salutations being led on Sunday, June 20.

June 21 is the **summer solstice** in the Northern Hemisphere and marks the beginning of **summer** for the earth north of the equator. Donations welcomed for our newly renovated space.

www.peacethroughyoga.com

New Yoga Classes:

- Meditation in Motion: Tuesdays 5:45-7 p.m.
- Restorative Yoga: Fridays 6-7:30 p.m.
- Meditation and Gentle Yoga: Sundays 2:30-4:30 p.m.
- Free Restorative Yoga class: Sunday, June 13 8:45-10 a.m
- New Yoga Teacher Training: September 2010 through May 2011

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"All major religious traditions carry basically the same message, that love, compassion and forgiveness are the important things that should be part of our daily lives."

Dalai Lama

India – International Yoga Festival - February/March 2011

Our annual trip to Rishikesh, the yoga capital of the world, should be on every yogis wish list. You will stay at an Ashram right on the Ganges River at the foothills of the Himalayas. Spend two days doing a variety of activities at Ramana's Garden, a home and school for orphans and destitute children. Participate in the 2011 International Yoga Festival including workshops on different yoga disciplines such as Kundalini Yoga, Hatha Yoga, Reiki, Pranayama, Power Yoga, Meditation and much more. Trip Leader: Sally Brown Bassett, Ph.D.

**FOR MORE INFORMATION, GO TO
WWW.PEACETHROUGHYOGA.COM**

[- CALL-TO-ACTION -](#)