

Breathe, Move, Awaken



Sunday, April 17, 2011 * 9:00-10:30am
Sunday, May 22, 2011 * 9:00am-10:30am



seva (selfless service) yoga—\$10 minimum donation only

all levels of practitioners welcome. exploring pranayama, movement and simple meditation techniques. class benefits **Living Yoga of Portland, Oregon**. A non-profit outreach program teaching yoga as a tool for personal change to disadvantaged individuals in prisons, drug and alcohol rehabilitation centers, and transitional facilities. All proceeds go to Living Yoga.

Join us for yoga Stay for connection...Sunday morning at Lucy Activewear in Portland.

If you have a mat, bring it. If you don't we have several extra. Register early!

Find our event on Facebook!

www.facebook.com/danamlayon

Coming together to serve the community and beyond. It's all about collaboration!

Show up

Bring your friends.....

Donate to a great cause.....

DO YOUR PART....DO YOGA!

**lucy activewear 1015 nw couch
portland, or**



**For more info about Dana Layon
www.danalayon.com**

**www.lucy.com
www.living-yoga.org**