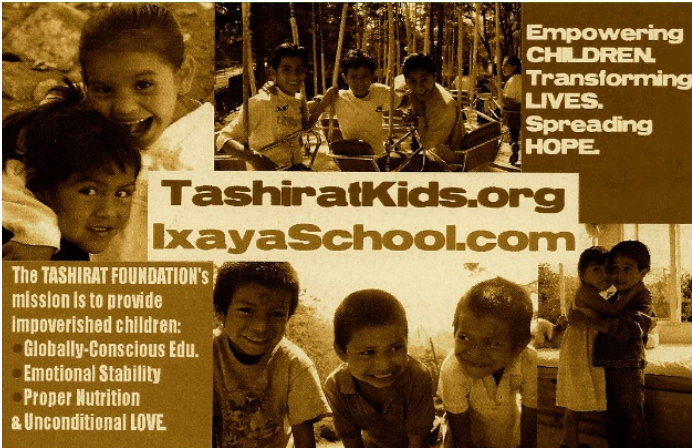


Please join us as we practice

y o g a O F F T H E M A T . . .



We will be celebrating Tashirat and raising awareness for this amazing Ashram, Orphanage and School located in the mountains South of Mexico City.

Since its founding in 1993, the Tashirat staff members have served the neediest sectors of society, providing yoga, counseling, classes in natural medicine, hygiene, literacy, and basic and remedial education. In 2003, the Tashirat Foundation staff decided that the greatest service they could provide the surrounding community would be to open an orphanage.

All levels welcome, members and non-members ALL WELCOME.

ALL PROCEEDS will go to TASHIRAT Orphanage.

RESERVE YOUR SPACE NOW!

to reserve space contact:
aliciagentz@me.com
310.621.4080

Yoga space will be donated by:
Lyfe Yoga Center, Hermosa Beach
Palos Verdes Yoga and Fitness, Palos Verdes
Starfish Children's Center, Hermosa Beach

Yoga classes will be donated by:
April Bernardi, Bonnie Johanson,
Brenda Marlena Weiner, Elena Piety,
Jennifer Richard, and Isabelle Du Soleil.

November 29th

LYFE Yoga Center, Hermosa Beach
Brenda Marlena Weiner 310-528-8628
1:00 – 2:30 PM
Vinyasa yoga flow
\$12

December 11th

Starfish Hermosa Beach
Elena Piety 310-612-5397
1:30 – 3:00 PM
Yoga blend
\$12

December 18th

Starfish Hermosa Beach
Brenda Marlena Weiner 310-528-8628
5:00 – 6:30 PM
Vinyasa yoga flow
\$12

December 6th

Palos Verdes Yoga and Fitness
Jennifer Richard jennifer_richard@mac.com
11:00 AM – 12:30 PM
Deep sweet vinyasa
\$15

December 12th

Starfish Hermosa Beach
Bonnie Johanson
9:30 – 11:00 AM
Power yoga vinyasa flow
\$10

January 30th 2010

Venice Beach Yoga
Isabelle Du Soleil 310-390-5250
11:00 AM – 12:30 PM
2010 New Years Celebration
\$15

*Bring fresh cut white flowers for our ocean offering. Optional dress: all white



LYFE Yoga Center
1310 Pacific Coast Highway
Hermosa Beach, CA 90254
t 310 374 5933
www.LYFEyogacenter.com

Palos Verdes Yoga and Fitness
(formerly Energy In Motion)
2325 Palos Verdes Dr W #104
Palos Verdes Estates, CA 90274

Starfish
934 Hermosa Ave
Hermosa Beach, CA 90254
www.starfishhermosa.com