



PATHWAYS TO PEACE

WITH MITCH HADDAD

CERTIFIED SAMAPATTI AND
SIVANANDA YOGA INSTRUCTOR



*"Undisturbed calmness of mind is obtained
by cultivating friendliness towards the happy,
compassion for the unhappy, delight in the virtuous,
and indifference toward the wicked."*

— YOGA SUTRA 1.33



SUNDAY, SEPTEMBER 6TH



4:00 – 5:30 PM

\$35 PER PERSON

A 90 MINUTE JOURNEY OF RESTORATIVE YOGA,
BREATH-WORK, AND MEDITATION TO RELAX,
REJUVENATE, AND RECONNECT.