



"let's celebrate unity of body and mind"

INTERNATIONAL YOGA DAY

Experience Different Styles of YOGA with **Free 30 Minute Sessions**

Participating Yoga Studios

InnerLife YOGA

HRCC YOGA

Empower YOGA

Food Stalls with Healthy Snacks Promoting Yogic Principles

Date: Saturday, June 22nd

Time: 3:30-5:30PM

Venue:HRCC, 137 Bakers Ridge Rd.

