

# Intro to Yoga

Saturday, September 18<sup>th</sup>, 2010 at 12:00 - 2:00pm  
FREE!

We are happy to offer free yoga workshops for our community! This is a great opportunity for you to create a healing & relaxing time in your week.

We are happy to have you as our guest and for you to meet the amazing teachers who offer their talents here at RakSa. Sample our classes & teachers to find out what you like best!



**Yoga** is the union of mind and body, linked with breath and movement; energy in flow. At RakSa, our teachers combine postures in a Hatha flow to promote health, relaxation, fitness, transformation and collective community.

**Call 310.559.7200 to Reserve your Space!!**

