



Phresh Kids Yoga-Breakin' Classes

Saturday, February 5 | 1-3 PM

Benefits yoga classes supporting Y.O.G.A. for Youth

Bring your kids and teens for a Yoga-Breakin' class, where they will learn a form of movement combining the old school of flow yoga and the new school of breakdance freeze. February's featured class will be led by Phresh Kids teen instructors and taught on specially designed mats with easy-to-recognize symbols to guide proper body placement for youth. (**Recommended Ages: 7 to 17**)

1-2 pm: Social Hour w/Complimentary RakSa Juices, Snacks and Phresh Kids Mat Lessons

2-3pm: Series of 20-Minute Yoga-Breakin' Classes

CLASSES ARE FREE

Sign up at:

<http://yogaforyouth.eventbrite.com> OR

Email info@raksasala.com to reserve your spot

Donations Encouraged to Support
Y.O.G.A. For Youth

Visit www.yogaforyouth.org for details

This January, RakSa is
all about the Kids!



RakSa will Donate 5% of All January
Proceeds to Y.O.G.A. for Youth

Y.O.G.A. for Youth is a Non-Profit that Provides Urban
Youth with Tools for Self-Discovery that Foster Hope,
Discipline and Respect for Oneself and the Community.

For more information about Y.O.G.A. for Youth, visit: www.yogaforyouth.org

*Every month, RakSa will partner with a charity or non-profit
organization to donate a percentage of proceeds all month
along, while raising awareness of the cause.*



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