

The Center For Connection Presents:

Connect To Life

Phoenix Rising Yoga Class

&

Sharing Circle

Through Breath, Postures and Meditation, consider
how **Yoga Connects To Your Life**



When: Saturday, November 13th
Time: 10:30am - 1pm
Cost: \$50.00
Who's Invited: Anyone who's curious about it!
Where: The Center For Connection
1841 Broadway @ 60th Street
Suite 806, 8th Floor
What to bring: A water bottle and a journal. Mats,
Blankets and Blocks provided.



No Yoga Experience Necessary!