



Yoga Sadhana

Sun, April 13, 7-9 pm
Pacific Cultural Center
1301 Seabright Ave

A benefit for
Room To Read
"World Change Starts
With Educated Children"
www.roomtoread.org
\$20 donation

A concentrated
spiritual practice
including

Mantra Recitation
Pranayama
Yin Yoga
Kirtan with Jacob
Meditation

Immerse yourself
in the sacred
rituals of yoga

For more info:
831-332-1509

www.YogaWithDelana.com