



# Om for peace

Come together to join voices and align our hearts with the source sound of the Universe. Repeating the sacred mantra Om continuously in rhythm with the breath is an ancient practice that calms the mind, deepens awareness, and awakens the spiritual heart. We will chant in the traditional form of a mala, repeating the mantra 108 times before resolving into silent, contemplative stillness. This joyful practice brings peace and harmony to each individual, to our community, and to the world!

**Friday, September 5th**  
**5:45 - 7:00 pm**  
**Om Room School of Yoga**

300 Natural Bridges Dr.

**\$5 - \$20 donation**  
no one turned away

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 **Om Room**  
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 Global  
**MALA**  
PROJECT

 Yoga for Peace  
asanas

Proceeds Benefit the Yoga for Peace Global Mala:  
Sat, Sept 20th, San Lorenzo Park, info at:  
[www.ServingPeace.com/yogamala](http://www.ServingPeace.com/yogamala)