

*Yoga and Meditation
create miracles in children's lives*

Y.O.G.A. FOR YOUTH

BENEFIT YOGA CLASS



Y.O.G.A.
for **YOUTH**

Pacific Cultural Center
& Yoga Institute

Saturday, March 5 2:00pm-4:30pm

Jessica Zovar
Alice Kennedy
Aruna Peters
Delana Thompson

1307 Seabright Ave. Santa Cruz, CA 95060

www.PacificCultural.org

831.426.8893

Live Music Sliding-Scale Donation \$10 - \$30

The yoga community is coming together to provide a much needed yoga stimulus package for urban youth, and we need your help. Come to my donation-based yoga class and bring as much money as you can. \$180 will provide a child yoga for an entire school semester. We'll breathe, stretch and sweat to give these life-changing skills to our youth.

Urban Youth + Yoga = Success

Y.O.G.A. for Youth, based in Los Angeles is a 501(c)3 non-profit organization whose mission is to bring Yoga and Meditation to urban youth in schools, community facilities, detention centers and jails in order to provide the tools necessary for progress at every level of these children's lives

www.yogaforyouth.org