

7-8:00pm

Anusara Inspired Yoga

Class -All Levels, led by

Amy Jean Pastore.

Bring your mat,

15\$ Donation

8:00-9pm

Timed Holds begin

See back for details.

Participate in the class, or the holds, or both. If thats not possible sponsor someone who is and support the cause.

A YOGIC FUNDRAISER

HOLDING GROUND FOR JAPAN

April 29th at Northern Highlands RHS

298 Hillside Ave, Allendale NJ

All donations will go to

JAPAN SOCIETY'S EARTHQUAKE RELIEF FUND

