

Bija Yoga



Join a global movement of hope and healing.

PROCEEDS BENEFIT THE GIVE BACK YOGA FOUNDATION

November 19, 2017 2:00-3:30 pm

Taught by

Janet MacLeod

Join us as we come together to share space, practice together and help bring the life-changing gift of yoga to those who need it most. From helping veterans calm the body and mind to supporting long-term recovery from addiction and eating disorders, you can help Give Back Yoga to share the transformational power of yoga with the world....one person at a time. **This will be mixed Level Iyengar Yoga Class.**

\$20 Suggested Minimum Donation

**Bija Yoga Studio
1348 9th Avenue
San Francisco, CA 94122**

To sign up and donate: info@jmacleodyoga.com