



52 B Wall Street, Huntington Village
www.bodyandsoulcenter.net

**Ashraya Initiative for
Children Programs
help children move**

FROM THIS.....



TO THIS....



The Ashraya Initiative for Children is dedicated to improving the lives and shaping the futures of vulnerable children in Pune, India by advancing educational opportunities, nurturing holistic development and building healthy, empowered communities.

www.ashrayainitiative.org

Relationship with Body, Mind and Breath

This general level asana class will address the importance of relationships within yourself (body, mind & breath) and with others.

Sunday September 12 1:00 – 3:00

Instructor: Ann McDermott-Kave

Ann recently returned from studying at RIMYI in Pune, India.

SUGGESTION DONATION \$20

**ALL PROCEEDS TO BENEFIT
THE ASHRAYA INITIATIVE FOR CHILDREN.**

**Registration required
631.385.4664**