YOU’RE INVITED TO THE CELEBRATION OF

International Day of Yoga

Wednesday, June 21, 2017
6:00-7:30pm
Parks Library Lawns
Iowa State University
Ames, Iowa

Celebration Schedule
Open to everyone regardless of yoga skill or knowledge

6:00-7:00pm: Insightful activities and fun games around yoga beyond posture which enhances mental and emotional health

7:00-7:30pm: A yoga practice enriched with specialized breathing and meditation to inspire the deeper journey yoga offers towards self-realization

*Please bring yoga mat or blanket
Rain site: State Gym 2nd Floor East Basketball Court

For more information contact:
Nora Hudson, nhudson@iastate.edu, 515-294-6905

A collaborative presentation by Yoga for Humanity Hindu YUVA Student organization and ISU Recreation Services Yoga Instructors