

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:

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Yoga for Harmony & Peace

IOWA STATE
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Recreation Services

