

SATURDAY JUNE 20TH 10:00AM -12:30PM 108 SURYA NAMASKARS:

*Participate, Sponsor, or simply join us and support.*

- 1:00pm LUNCH
- 2:00PM - 3:00PM WHAT IS YOGA?: *Introductory presentation on Yoga.*
- 3:30PM- 5:00PM YOGA FOR EVERY BODY!: *Group yoga sessions for everybody to participate.*
- 5:15PM -6:00PM Q & A: *Ask any of the teachers your questions about yoga.*

## *Sunday June 21st International Yoga Day*

- 9:00AM GURU GITA
- 10:00AM - 2:00PM SATSANG: *Exploring topics of the 8 Limbs of Yoga.*
- 2:00PM FATHER'S DAY PICNIC LUNCH



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