

Seaside Yoga Sanctuary's 7 Year Anniversary Celebration!



Friday-Sunday, Sept 19-21

We welcome all to come and join us in celebrating 7 years! We are honored to be part of this wonderful community and to share our sanctuaries for this beautiful and sacred practice.

Friday: 6:30pm Beach Yoga, Bonfire & Potluck!

Join us at **Carmel Beach (bottom of 13th)** for a free yoga class led by Laura McKinnon.

Bonfire, potluck and raffle will follow! We will supply light snacks and s'mores, please feel free to bring friends and a dish to share! We will also be raffling off lots of prizes (including a free month unlimited pass). Tickets will go on sale at the studios the week of 9/8. \$5 per ticket or 5 tickets for \$20. Money raised will go to support our free community classes and other scholarships we give out throughout the year. Last year we offered **free classes to over 1200 students!!**

Saturday: 7-9pm, Kirtan & Crystal Singing Bowl Meditation with Char Pias
(Seaside studio)

Sunday: ALL CLASSES AT ALL LOCATIONS ARE FREE!!!

Also take advantage of our discounted passes - both Saturday and Sunday receive 10% off any class pass purchase!

(does not include new student 10 day pass)



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