



CELEBRATE YOUR BACKBENDS WITH **YOGESWARI** A WORKSHOP TO BENEFIT AZAHAR FOUNDATION SATURDAY OCTOBER 29, 2011 1 – 3:30 PM



Jivamukti Yoga School
841 Broadway, 2nd fl.
New York, NY 10003



Greatest benefit comes from a Yoga practice that is offered to benefit others. Share in an afternoon of beautiful, heart-warming Vinyasa Flow to deepen your Backbends, knowing that you are helping to support AZAHAR's Yoga program for young Cambodians from disadvantaged backgrounds. The workshop will be accompanied by World Music, Sanskrit Mantras and Hip Indian Beats, and will contain an introduction and a short movie about AZAHAR's project.

AZAHAR Foundation is an international organization that promotes cross-cultural communication and non-violent conflict resolution through Yoga and the Arts. Through its work in conflict and post-conflict settings, AZAHAR Foundation has developed strategic approaches to effectively spread the yogic teachings of compassion and non-violence.

Based at Jivamukti Yoga School in New York since 1999, YOGESWARI is a popular, Advanced Certified teacher, who teaches around the world, including Jivamukti Teacher Trainings in the US and Germany. She is known for her vigorous and seamless Vinyasa sequencing and thought provoking philosophical teachings. She is the founder of AZAHAR Foundation.



CONTRIBUTION

50 \$ (if paid by Oct 25) or 55\$ (day of)
Payments must be made to Jivamukti Yoga School

INFO

212-353-0214
events@azaharfoundation.org