



CIRCLES FOR CHANGE



A PLAYSHOP FOR YOGA TEACHERS, STUDENTS, AND CHANGE CATALYSTS

This workshop is a collaboration of conscious minds gathering in the light of teaching yoga with a unified intention. Yoga teachers, students, and prospective students come together in our “CIRCLE FOR CHANGE” to build a 1-hour mindful yoga sequence, then offer it to the community as a \$5 donation class. Each participant chooses a piece of the sequence they wish to share and the class is taught in a circle shape representing the complete circle. Proceeds go to Off the Mat, Into the World™ initiative “To Haiti with Love.” Suggested Donation \$5-\$25

Facilitated by Experienced Yoga Teacher [E-RYT500], Transcending Yoga Director, and Off the Mat™ Leader, Valerie Baltzer.

Saturdays from 6-8pm on the following event dates:

SEPTEMBER 10TH

SEPTEMBER 24TH

OCTOBER 8TH

OCTOBER 22ND

NOVEMBER 5TH

NOVEMBER 19TH

DECEMBER 10TH

Transcending Yoga at SECOND WIND

www.transcedingyoga.com