



Find upward bliss with downward dog.

Join thousands across the country for Yoga Day USA, a history-making celebration where yogis, novices, couch potatoes and triathletes, young, old and everyone in between join together to stretch mind, body and spirit through the practice of yoga.

- In the spirit of karma yoga, the service to others, all Yoga Day USA classes and workshops are free or nearly free.
- The brainchild of the Yoga Alliance, this powerful annual event is held in yoga studios, parks, beaches and private homes throughout the US.

MARK YOUR CALENDAR



SATURDAY, JANUARY 24, 2009

8:30am - 3:30pm

North Shore Yoga Studio

- ★ 8:30 - 9:30am Vinyasa Yoga w/ Marnie Memmolo
- ★ 9:30 - 10:00am Creating Your Own Mantra w/ Laurie Estey
- ★ 10:00 - 11:00am Prenatal Yoga w/ Marnie Memmolo
- ★ 11:15 - 12:45pm Beating the Sugar Blues Nutrition Lecture w/ Susan Himml
- ★ 1:00 - 2:00pm Absolute Beginner Yoga w/ Marnie Memmolo
- ★ 2:30 - 3:30pm Family Yoga w/ Marnie Memmolo

All classes are FREE with a suggested tax deductible, charitable donation of \$15 per event for Girls, Inc. (www.girlsinlynn.org) of Lynn, MA.

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