

SUMMER SOLSTICE SUN CELEBRATION

An Energetic Yoga and Live Music Gathering

Come join us as we celebrate the amazing power of the sun, the long days of summer and your own brilliant inner light.

This yoga journey will be set to live music, outdoors with the sun in our face and the wind in our hair. The practice will include energizing asana (sun salutations...of course!), relaxing seated postures with an extended Savasana. This wonderful community event will leave you brightened, enlightened and elevated.

"Yoga is a light which, once lit, will never dim." Iyengar

Friday, June 25th

5:00pm - 6:30pm

Sun Valley Lodge

On the lawn

**Donations only: All proceeds benefit the
Hunger Coalition**

All Levels Welcome

Please bring your own yoga mat (or towel)

To reserve your space please contact:

Tener Rogers, RYT tenerrogers@yahoo.com or 720-6441