



Meditation, Yoga & Mandalas

Facilitator: Sandra Jara, Yoga Teacher

Saturday, September 1, 10-1 p.m.

Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

This is a day to enjoy contact with the body, the mind and the emotions through yoga, meditation and paint mandalas. Tools like wellness, and art help us to create new links with the community, and reinforce existing ones. Find more info at:

www.sandrajarayoga.com

To register please contact Millie Martinez

mmartinez@mpnh.org

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