



Yoga for Vibrant Wellness

By Parul and Pranav Shah



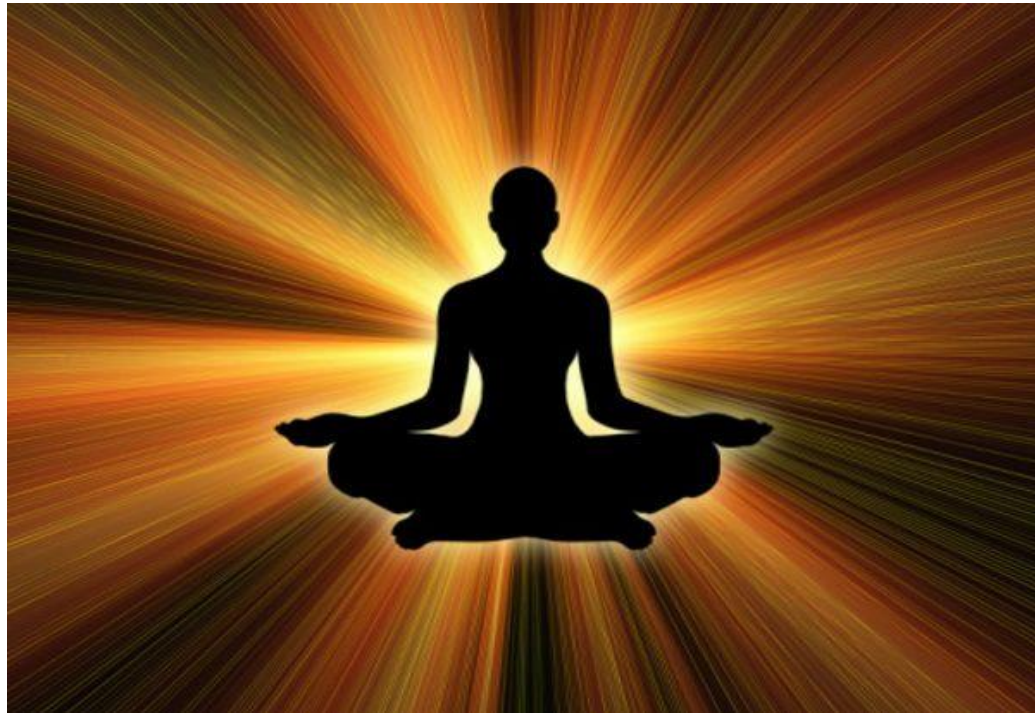
10 Weeks Sessions – Every Tuesday– Starting from June 17th, 2014

7.00 PM to 8.15 PM

Experience the benefits of holistic wellness in 2014

Yoga will help you to move breath and feel better!

Learn to relax, achieve more flexibility, build core strength and create a non-quitting mindset at the same time as enjoying the moment- the experience of yoga. Wear Loose Clothing, & Bring Yoga Mat or Towel



No Registration necessary- Just Show up!

**Jain Center of Southern California
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