



Present...

YOGA In ACTION

a transformational journey

Join Jude Monteserrato & Jenn Thomas for a small group intensive!

Moving on and off the mat, we will look deeply at what it means to live with purpose, to serve ourselves and our greater community effectively, to love and live...

Six FRIDAYS: February 12, 26, March 5, 12, 19, 26

Closing Celebration Saturday March 27
12:30 - 4:30p

Program cost: \$375 by Jan 27 \$395 by Feb 10

EYES OF THE WORLD YOGA CENTER

Providence, RI

InnerHappiness.com

Take the **AWARENESS, COURAGE, COMPASSION & FLEXIBILITY** developed thru Asana Practice and inspire your life

Why stretch when we can reach?

DISCOVER, NURTURE & CULTIVATE
your **PURPOSE**, your way of service
and connection in your life,
in your community and in the world

Move **OFF THE MAT** and **INTO THE WORLD!**

We will combine yoga asanas, meditation and visualization, experiential exercises, process work and ritual with the practical tools of communication, organizing and collaborating.

Yoga In Action is supported by Seane Corne, Hala Khouri, Suzanne Sterling,
OffTheMatIntoTheWorld.Org

To Register & Ask Questions jennfocus@gmail.com heyjude_44@yahoo.com 401 935-2943