



Open Your Heart This Valentine's Day

Karmic Yoga Class

Tuesday, February 14th
7:00pm

Requested Donation: \$30

Join Pam as she leads us in the joyful practice of Karmic Yoga, opening our minds & hearts to ourselves & to others through the power of giving.

Help Families in Need

Donations will go to the **Pediatric Integrative Medicine Program** at Goryeb Children's Hospital in Morristown.

This program provides symptom and stress relief to children and families through various therapies such as yoga, massage, guided imagery and hands on healing.

Fill the Studio with Hope and Love

Please sign up at desk.
The more crowded the room, the better!