



YOGA FOR A CAUSE



New Community Yoga Class at Kaya Yoga!!!

Donation based—only pay what you can

All levels—New to yoga or long time practitioner, all welcome

All proceeds raised will be donated to the National Breast Cancer Foundation.

Every Sunday in October & November 10am–11:30am

No class Oct 4 and Nov 8



What?

This class is donation only, which means you only pay what you can afford. It will be taught by a rotating group of teachers from the studio so students will be exposed to different teachers and styles. All classes will be uplifting and incorporate movement with the breath. The classes will be appropriate for all levels, from first timers to long time practitioners. And most of all, they will be FUN!

Why?

In honor of Breast Cancer Awareness Month in October, and in honor of all the women in our lives, all the proceeds from this class will be donated to the National Breast Cancer Foundation. This foundation provides mammograms and early detection services to low income women. Breast cancer affects 1 in every 8 women worldwide. With early detection and good health care, chances of survival from this disease are drastically increased. However, an alarmingly high percentage of women do not have access to good health care or detection services. We as a yoga community are going to do our part to help.

Where?

Kaya Yoga Studio, located at 1505-D 5th Street , Davis, CA

www.kayayoga.com