



Society of Women Engineers – Orange County

Work/Life Balance - Health & Wellness

Join us for a morning yoga practice.

This class is open to all levels and will focus on basic yoga postures, body alignment, breath and balance. Please bring a yoga mat.

When: Saturday, March 6, 2010 at 8:00am to 9:00am

Where: City of Mission Viejo Community Center
24932 Veterans Way, Mission Viejo, CA 92691

Cost: Free to SWE-OC member, \$5 for non-members

RSVP: Jeannette Lindemann @ jlindemann@ddb.com or 949-400-8537 by Friday
March 5 C.O.B.

Please contact Jeannette if you have any questions

Class will be instructed by Brandi Thrasher, a Yoga Alliance Registered Yoga Teacher. Brandi has been practicing yoga since 2001 and is a graduate of the Yoga Works 200-hour Teacher Training Program.

"Yoga teaches us to cure what need not be endured and endure what cannot be cured"

- (B.K.S. Iyengar)

