



Yoga Jones presents **THE GIFT OF YOGA**

Yoga Jones will be gifting
FREE mini yoga classes
to our community on
Saturday Dec. 4th
from **12:30 - 6PM**. You
may participate in
as many of these
classes as you like.



All donations will be given to Street Yoga

A non-profit organization that teaches yoga, mindful breathing, and compassionate communication to homeless and traumatized youth and their families and caregivers, so they can grow stronger, heal from past traumas, and create for themselves a life that is inspired, safe, and joyful. www.streetyoga.org



*We will also have several **local artists and musicians** to keep things lively! Henna Caravan will be offering a **FREE** design to all who attend a class. Larger designs will be available for purchase.*



www.hennacaravan.com

Participate in our Book Share!

Donate 2 books now, and at our open house you may choose one new book from the collection!

Donated books will only be available on Dec. 4th until 3 pm. Any remaining books will be donated to charity or sold with the proceeds going to charity.



**105 S. Oak #200
Ventura, CA
805.643.5669**

www.yogajones.com



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Open House Schedule

Saturday, December 4th • 12:30 - 6PM

12:30 PM

Anna Spanopoulos • Iyengar

Sopurkh Kaur • Kundalini Yoga

1:00 PM

Vishnuprem • Sivananda

Annette White • Seven Spiritual Laws of Yoga

1:30PM

Anyez Klevecz • Prenatal

Shanti Rae • Taoist Yoga

2:00PM

Tina Chappel • Level 1 Flow

Lynne Thurston • Chair Yoga + Gentle

2:30PM

Lynne Okun • Partner/Acro Yoga

Chin • Capoeira

3:00PM

Amber Robinson • Flow 2

Etienne Emanuel • Tri Yoga/ All Levels

3:30PM

Craig Holloway • Gentle Yoga

Katrina Durocher • Flow 2-3

4:00 PM

Shama • Trance Dance with live drums!

Holistic Health Practitioners

Tricia Durni

Certified Jikiden Reiki Practitioner
Owner, Purple Daisy Apothecary
*Alchemical Products — Energetic Room Sprays,
Organic Custom Blended Lotions, Oils & Bath Salts*

Buenaventura Massage with Robert

Holistic Dentistry Information



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