



Candlelit Winter Solstice

108 Sun Salutations + Live Music

DECEMBER 21, 2018 • 6PM - 8:30PM
SHEPHERDSTOWN COMMUNITY CENTER

Join us at the Shepherdstown Community Center as the teachers of Jala Yoga join together to lead you through 108 sun salutations in celebration of the Winter Solstice. The malas will be done by candlelight and will be offered with multiple variations and breaks, to make this accessible to all practitioners and levels.

Come flow with us into this time of quiet. This event is donation based (suggested donation \$15-\$25). All proceeds will benefit local families that we adopt this winter. Food and drinks provided following the practice.

Please bring someone you love and wish to share this gift of yoga with.

FRIDAY, DECEMBER 21, 2018
6PM - 8:30PM • ALL LEVELS
Suggested Donation: \$15 - \$25

*The Community Center is located at 102 E German St, Shepherdstown
(The War Memorial Building / formerly the Men's Club)*



SHEPHERDSTOWN

JalaYogaFlow.com
401.440.0279