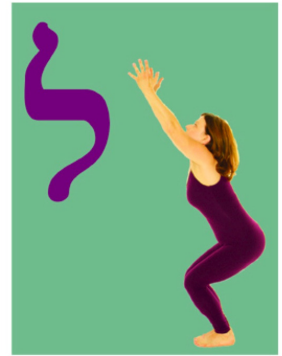


YOGA then HAVDALA



Yoga means Unite within and with All to live more fully
Havdala means Divide between the holy and the mundane, to know both

Yoga with Ida Unger, M.Ed., Certified Iyengar Yoga Instructor
Havdala with guest rabbis and leaders

A Shabbat afternoon monthly program

- a rest oriented yoga sequence inspired by a Jewish theme
- a light eco-kosher dinner - Seuda Selisheet - the 3rd meal of Shabbat
- havdala - bring in the new week with blessing, song and community

Dates for 2011

February 12 Aleph Bet theme 3:30 PM
March 12 Purim theme 3:30 PM
April 16 Passover theme 5:30 PM
May 14 Shavuot theme 5:30 PM
June 18 Four Worlds theme 5:45 PM
Further dates to be announced



Home of Ida Unger and Steve Moos
In beautiful Tujunga, just 45 minutes from Santa Monica, Hollywood, or Encino.
Really! Directions will follow RSVP.
RSVP by Thursday of the week of the program at
iunger@yogagardenstudios.com or by calling 818 353-8050.

Suggested donation \$20. Donate via PayPal at KosherYoga.net or donation jar at the door. No one is turned away, but space is limited, so do RSVP.