



Free Yoga June 26

BAL VIHAR OF ST. LOUIS CELEBRATES

INTERNATIONAL DAY OF YOGA

8:00 - 12:30 PM • MGC • 717 WEIDMAN RD. BALLWIN

Register at:
[balviharw4w.wix.com/
idy2016](http://balviharw4w.wix.com/idy2016)

Like us on Facebook:
[facebook.com/events/
255634138123079](https://www.facebook.com/events/255634138123079)

Yoga for Every-Body
Open to All
Join any time

8:00 - 12:30 pm

Mahatma Gandhi Center
717 Weidman Rd. Ballwin

Bring a Yoga Mat
or Towel



8:00 - 12:00
Upper Level
Sun Salutation
Challenge!

Help us to collectively complete 1008 Sun Salutations. Through out the morning experienced teachers will lead you into 30 minutes sessions of different variations of yoga routines, Sun Salutations, explain breathing techniques, and relax you into meditation.

8:00 - 10:00
Lower Level
Pushpak Mehta

Iyengar yoga expert will conduct a BFIT WORKSHOP for those who want to challenge themselves beyond what they already know and practice. Learn the tricks to get into a pose, understand the right alignment and the purpose of the posture.

10:00 - 11:30 noon
Lower Level
Leslie Boyce

Restorative Yoga expert will teach you how to relax and restore your body and mind by practicing stillness and gentle movements for extended periods of time. Sometimes calming the mind can be more challenging than calming the body.

11:30 - 12:30
Lower Level

Elle Potter



Discussion
Panel on yoga
trends

10:00 - 11:00 noon
On the Lawn
weather permits
Kid's Yoga
Ages 5-12