



Healthy Self, Healthy Planet

April 17<sup>th</sup>, 2010

11:00 AM - 4:00 PM

Sports Basement, Crissy Field

A fun-filled, educational, and community-spirited day for kids and adults!!

**Free Classes:**

- Purusha Soul Flow Yoga with Joy Ravelli - 11:00am
- Kids All ages: Yoga and Fitness Fun with the Purusha Team - 12:00pm
- Partner Yoga Inversions and Play with Adnan Iftekhhar - 1:00pm
- Hatha Yoga with the Purusha Team - 2:00pm
- Chanting Celebration with Mirabai and Friends - 3:00pm

**Visit the Health and Community Fair!!**

Local healers, and wellness organizations will be there to offer you information on their services and special discounts, give-a-ways.

**Join in!!**

We invite you to come and be a part of the day as a local healer or wellness organization. Please email joy for more information: [joy@purushayoga.org](mailto:joy@purushayoga.org).

This event will be held in conjunction with the Crissy Field Earth Day / Earth Stroll event that is taking place outside at Crissy Field.

*The Purusha Seva Project provides classes and programs to the greater community and also to specific populations that may be experiencing suffering or certain obstacles in life. These specific populations include: children at inner city schools, the imprisoned, those in rehabilitation, or those with certain diseases or other hardships.*

[www.purushayoga.org](http://www.purushayoga.org) 415-694-8412