

Come JOIN US FOR A MONTHLY YOGA DISCUSSION GROUP

**Yogis are interesting, diverse, curious, active, intelligent, talented people.
Have you ever left yoga class & wished you could stay and talk longer with
your fellow students and teachers?
Well this is your opportunity to do just that.**

We meet for one hour monthly to discuss:

- The nature of our yoga/meditation practice
- What yoga has taught us and continues to teach us?
- How can we enhance our spiritual practice?
- How do we incorporate yoga in our lives?
- Stress and how to manage it
- Any personal needs or issues we would like to share

Confidentiality is maintained in the group sessions.

Day – 1st Thursday of every month

Time – 1:30 PM to 2:30 PM

Who –All yogis welcome

Where – Yoga Center of Deerfield Beach
827 SE 9th Street, Deerfield Beach, FL 33441
On the north side of Federal Hwy. in Palm Plaza

Cost - \$5 per session

How do I Join the group – Just show up, or call 954-427-2353
or register when you come to yoga class

Group Leader – Lynn Edinoff, LCSW & Certified 200 hour Yoga Teacher

1st two groups will be held on:
Thurs. 9/07/17 & Thurs. 10/5/17