

**Save the Date!**

# Island Athletic Club First Annual Namaste' Day



Presented by Linda Ciotola and Doreen O'Connor

**Saturday, March 10, 2018**

**8:30-11:00**

Program:



8:30 - Welcome

A brief explanation of Yoga principles and benefits

8:45 - Meditation techniques, Yoga breath and Mindfulness

9:00 - Foundations of Yoga with Optional Adjustments

9:45 - Balance

10:00 - Vinyasa Yoga

10:45 - Power Yoga

Closing - Mudras



*\$10.00 optional donation to benefit The Mental Health Association of the Eastern Shore.*