




NAMASTE IN THE PARK

Join us for a morning of
yoga, sound bath meditation, music,
snacks & refreshments,
opportunity drawings, and photos!

 8:00–10:00 am

 Saturday, November 9th



Fee
\$20

Bring a mat, water bottle, towel,
and wear comfortable clothing.

To register, sign up at the front desk or
visit HBSANDS.org. Call 714-536-5600
for more information.