

Donate at the studio or [www.veteransyogaproject.org](http://www.veteransyogaproject.org)



YOGA • HEALTH • COMMUNITY

## IN HONOR OF VETERANS GRATITUDE WEEK

### **DONATION-BASED CLASSES**

11/11

Jennevieve ~ **vinyasa** 7:30 - 8:30 am

Barbara ~ **hatha** 12 noon - 1 pm

Jim ~ **hatha** 6 - 7:30 pm

11/12

Annabelle & Perry ~ **vinyasa** 7 - 8:15 pm

at Anasa Yoga 4232 MacArthur Blvd.  
*in the Laurel District*  
[www.AnasaOakland.com](http://www.AnasaOakland.com)

**All proceeds for these 4 regular weekly classes benefit the Veterans Yoga Project ~ any amount is appreciated**