

Happy Tails Yoga



A Cause for Paws

Date: March 18th - Saturday

Time: 1:00pm - 4:30pm

Place: St. Barnabas by the Bay,
13 W. Bates Avenue, Villas, NJ.

**Take a Happy Tails Yoga Class
to help stop animal cruelty and neglect.**

Yoga 1:00 - 2:00 Live Music! with **Karen Manette Bosna**

Enjoy all the benefits yoga has to offer while helping our furry friends. Proceeds will go to the New Jersey Society for the Prevention of Cruelty to Animals. The more money we raise, the more animals we save!

Shamanic Journeying 2:00 - 4:30 with **Mia Bosna**

2:00 - 2:30 A brief introductory lesson in basic journeying skills for all new students.

2:35 - 4:30 Shamanic Journeying

Let's journey together and learn how to embrace the fullness of our lives.

What to bring: yoga mat, blanket, bandana or eye cover, pen and note book.

Suggested donation: \$25

Karen Manette Bosna

609.827.8886 • kBosna28@yahoo.com

www.YogaCapeMay.com