

DO YOGA . SHARE YOGA. HELP OTHERS.



Open Yoga to Everyone.

Join us and support our friends at MIND BODY SOLUTIONS! This all levels class benefits the adaptive program at Mind Body Solutions, a non-profit founded by Matthew Sanford.

[Type in the Date & Time here]

A special donation class taught by,

Type in Teacher's Name

Mind Body Solutions transforms lives of people living all over the world by opening yoga to everybody. Through their work, and the teachers they train to teach adaptive yoga, MBS shares the gift of yoga with: US MILITARY VETS, PEOPLE WITH DISABILITY, SURVIVORS OF SEXUAL ASSAULT, THE ELDERLY AND PEOPLE LIVING WITH CHRONIC PAIN.

\$20 Suggested Minimum Donation

All Proceeds Benefit MIND BODY SOLUTIONS, a 501(c)(3)

[Name of Venue / Address]

mindbody
SOLUTIONS

[INSERT STUDIO LOGO HERE]