



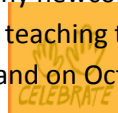
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Saturday, October 3rd I'm Back! I miss my Glide Yogi's so very much and I hope I see



you all back in class 9:30-11am / 125 Mason St. For any newcomers out there on a budget, class is FREE and mats are provided. I will be teaching the first Saturday of every month. Yes, I'm gonna make you all do headstand on Oct. 3rd so be prepared (smile). Would you like to learn "Kayena Vaca"? Let's try it!



- **Tuesday's at Moksha:** Weekly Lunchtime Class 12noon-1pm at 405 Sansome Street, 3rd Flr. Punch cards are the most economical way to go. Arrive early, class is sometimes crowded!
- **San Fran Employees:** Free Yoga Class for all city employees every Wednesday / 12noon – 1pm at Health Services at 1145 Market St. 2nd floor. San Francisco values the health of its work force, hence my contract to teach!
- **San Fran Locals:** Shop at any Cole Hardware Store, mention TFW Children's Fund before checking out and they will match a percentage of your total purchase. Go for it even if you only spend \$2.00 – every penny counts!
- **Dalai Lama Affiliate Partner:** I've got the Dalai Lama's Renaissance Film available! Part of the proceeds will be donated by the Dalai Lama to the Children's Fund! Tell your friends.
- **Young Living Oils:** Three best therapeutic grade essential oil! Only use a drop, they last forever. Used in Donna Karan & Rodney Yee's Urban Zen Program for aromatherapy Health & Wellness.
- **October 18th Crop Walk for Hunger:** If you're in the city, join the Yoga of Devotion team for a walk around Lake Merced on Brotherhood Way. Open this link to learn about the walk. Click 'register' to join us or to Donate any amount for our team. Don't be shy...\$5 will make a difference! Type in 'Yoga of Devotion' to find us.
- **'Opting Out' Mailing System:** If you are receiving duplicates of this newsletter or not longer want to receive mailings, choose 'remove me' at the bottom 3rd of this page or the homepage of the website.
- **Live Internet Broadcast Beginning Soon: Friday Spiritual Story time** is your time to take a break, relax, and listen to a story being read to you that has a spiritual message. Watch it or just close your eyes and enjoy hearing the message. We loved it as children, and I believe we all still need that 'down time' to unwind and be taken care of; it opens the imagination, inspires our creativity, helps restore inner quiet, and gives us 'spiritual nourishment' for the weekend. Suggested donation is \$3.00 payable online next to the program link.

THANK YOU FOR READING, AND REMEMBER - YOGA OF DEVOTION IS YOUR OPPORTUNITY TO MAKE A DIFFERENCE!