

March, 2010 The Yoga Room

All yoga classes in March will be taught by Tammy Binkley. I will be in Rishikesh, India at a meditation/yoga retreat during the month of March.

Tammy will teach the classes on Tuesday and Thursday evenings from 6:30 to 8:00 pm.

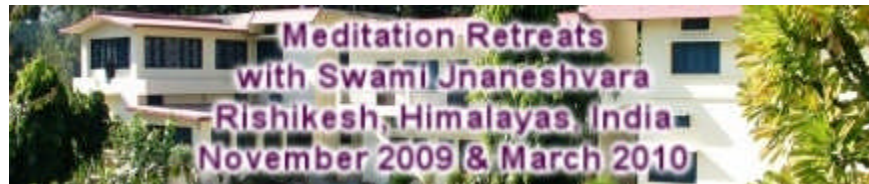
However the 4:30 to 6:00 pm Thursday classes will be cancelled during March.



Tammy has taken on a seva challenge to earn enough money for charity work in South Africa. Sean Corn, internationally known yoga teacher, is spearheading Off the Mat and into the World to take the benefits of yoga into the world. For more information on Tammy's challenge, please see her website at www.tammusyoga.com.

The regular fees for class will go to Tammy's seva challenge so please come to support her and enjoy her teaching.

For more information on the retreat in India, please see the home page on www.swamij.com.



*Love and Peace,
Carolyn Reynolds*