

VINYASA FLOW—ALL LEVELS

2nd Annual Holiday Charity Vinyasa Flow Hosted by David Lynch

**Date**

Saturday, December 6, 2008
2:00 - 5:00 pm

Location

Center for Yoga
323.464.1276

Price

Suggested donation: \$ 25
Cash and Checks only, please

**The Midnight Mission***Making a Difference Since 1914***Teachers Include**

David Lynch, Joan Hyman,
James Morrison, Whitney Allen,
Eka Ekong, Kathryn Budig
Kia Miller, Mia Togo and Yogi Claus

Come flow for two amazing hours backed by live music performances with DJ Matnifique, Whitney Allen, Becky Kessler, Holiday Carolers and a rare collection of Yoga Works' finest Vinyasa teachers with proceeds going to benefit the Midnight Mission!

Hosted by David Lynch, this special event will be team-taught by your favorite Yoga Works Vinyasa teachers. The Holiday Charity Flow will be a joyous occasion of yoga, live music, raffle prizes with all proceeds going to benefit the Midnight Mission. Last year's event was a huge success and helped raise money and awareness for an important local charity and we hope this year we can build upon our past accomplishments as a yoga community.

The Midnight Mission is one of the oldest continuously operating human services organizations in the Los Angeles region. Centered in the Skid Row area of downtown Los Angeles, the Mission offers a bridge to self-sufficiency for homeless people through counseling, education, training and job placement. The Mission makes available the necessities of life to homeless people: food, shelter, clothing, personal hygiene needs, and medical care.

