

TRUE YOGA

STRENGTH & SERENITY

True Yoga is a total workout for your body, mind and spirit. Not only will this practice tone and strengthen your body physically; it will also allow you to discover your true strength mentally and spiritually. Serenity comes from knowing that we are in touch with and living the true strength of who we are as a human being. This is the path to achieving optimal health of our mind, body and spirit.

Presented by Leanne Hall

Friday, June 3rd

6:30-7:30 am

Location: The Connection, on the Exhibition Level
(Just outside Marsalis Hall)

"All that we are is the result of what
we have thought. The mind is everything.
What we think, we become."

- Buddha



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