

*A w a r e n e s s   S e r i e s*

*Free Class*

*Yoga*

*How  
postures  
can bring  
silence to  
the mind*

- *See how a yoga sequence can quiet the mind.*
- *Experience letting go.*
- *Learn how to feel the body and get out of the mind field.*



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Facilitated by:

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Visit our web site at [www.nwcwb.com](http://www.nwcwb.com)

*Monday*

*May 17, 2004*

*5:30 P.M. — 6:30 P.M.*

*Location: MultiCare Campus*

*Call for specific location 253.272.4013*