

Sweat for Tashirat!

A special donation-based flow class taught by Chaz Russ

SATURDAY, SEPTEMBER 25

11:30-2:00 PM

- 11:30 AM, Pre-class meet and greet, learn about Tashirat; free aromatherapy consultations with Robin Barnette of Aromachick
- 12:00-1:30, Fun vinyasa class with Chaz Russ
- 1:30-2:00, Yummy snacks compliments of Chipotle

LOCATION

Westlake Village

PRICE

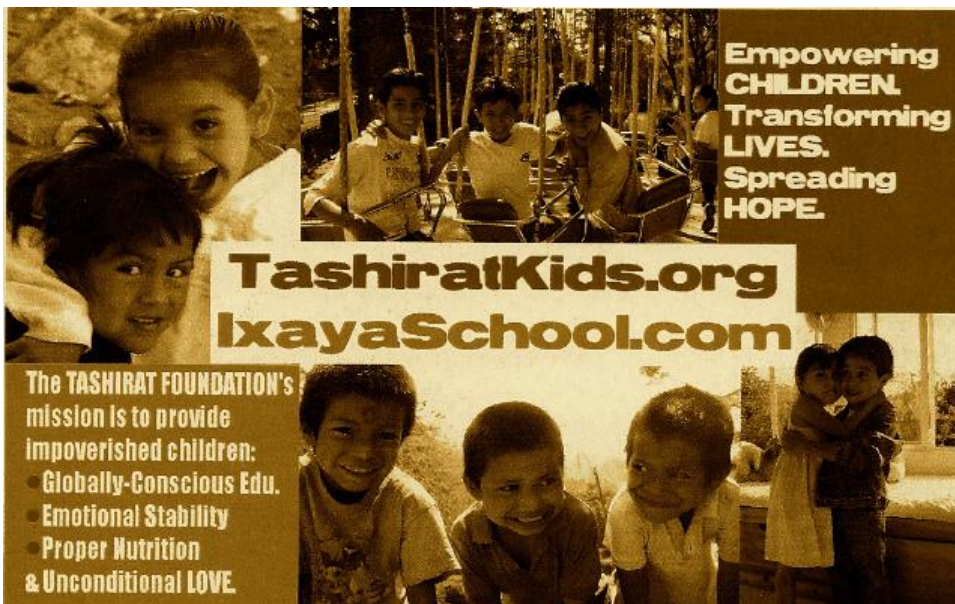
Free!

INFORMATION AND TO RSVP:

805.371.3030

ALL LEVELS EVENT

TASHIRAT, Yoga School and Ashram located in the mountains of Central Mexico. Since its founding in 1993, the Tashirat staff members have served the neediest sectors of society, providing yoga, counseling, classes in natural medicine, hygiene, literacy, and basic and remedial education. In 2003, the Tashirat Foundation staff decided that the greatest service they could provide the surrounding community would be to open an orphanage.



Empowering
CHILDREN.
Transforming
LIVES.
Spreading
HOPE.

TashiratKids.org
IxayaSchool.com

The TASHIRAT FOUNDATION's mission is to provide impoverished children:
• Globally-Conscious Edu.
• Emotional Stability
• Proper Nutrition
& Unconditional LOVE.

