



Yoga for Gratitude

Special Class: Thanksgiving Day

Thursday, November 23rd 8:00-9:30 am

Please join me for a yoga class focusing on *gratitude* - on a day already devoted to thanks. To practice gratitude means to "count your blessings, notice simple pleasures, and acknowledge everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given." Lets take some time to notice and reflect upon the many things we are thankful for with a goal of bringing this practice to daily life - when oftentimes obstacles seem grander than small blessings which often go unnoticed.

~Open to all levels~

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