



Yoga Vida

November

It's November, so remember to turn your clocks back!

We're also going to be turning the clock back with a yoga savings special value... soon... very soon.

We have a special surprise for you to be unveiled on November 15th in the form of a gift certificate you can buy for yourself or for someone else (or, of course, you could drop some hints and have someone buy it for you). Don't even think about asking about it yet! We're building anticipation! More details will be announced soon ... very soon.

What else is coming up?

Photos

Sign up for your free yoga photo shoot the weekend of November 8 - 9. We want your picture for our wall! Sign up for your slot at the front desk.

Scott's Drum and Trance Experience Workshop: Through Music to the Self

Saturday November 15th

2 - 4 pm

Come experience a variety of transcendental, world beat, and ambient musical styles, composers and performers. Learn how to match music to your personal practice.

Cambodian Children's Fund Benefit

Wednesday November 12

Silent Auction 6-7 pm

Yoga celebration 7-9 pm

We have twenty or so tickets for pre-sale for the November 12 Cambodian Children's Fund Benefit at Mercury Hall.

There will be live music (Patrice Blue Maltas and Oliver Rajamani) - candle light - refreshments – community and of course yoga, yoga, yoga!

Sarah Lemos has been working diligently to help bring this even together and has recruited many Yoga Vida folk to participate in the event in various capacities.

We are grateful for donations in any amount if people cannot attend! [Click here to donate now!](#)

Get your tickets and get there early to Mercury Hall ensure a spot - we had yogis spilling out of the space onto the patio last time!

Please visit the website for more information: <http://www.cambodianchildrensfund.org/>

*"I awoke this morning with devout thanksgiving for my friends, the old and the new."
- Ralph Waldo Emerson*