Saturday March 26th 1:30-3:30pm

Please Join Ami Chen for a DONATION class on "Stress, Wellness and Spirituality: Everyday Satsang" Learn Simple, Spiritual Principles for Everyday Life



Learn simple, psycho-spiritual principles that cross boundaries of spiritual teachings and religions, while deepening our understanding of such traditions.

Register here: http://www.santacruzyoga.net/events

- Experience more ease, joy and faith at work, in family life, and in solitude.
- Learn the true cause and antidote for stressful and anxious feelings.
- Access your own quiet mind, and profound inner wisdom to navigate life with increased grace and ease.
- Release the daily or "background" stress many consider inescapable.
- No workbooks, techniques or formulas to complete, do or memorize.
- This class consists of talks, dialogue and Q. and A. with participants in an informal setting, condusive to personal insight. Atmosphere is generally light-hearted and yet profound. All questions, issues and emotions brought by participants are welcome.

SCY is kicking this first class off as an admission by voluntary donation to the global non-profit, Center for Sustainable Change: "To advance mental wellbeing in children, youth and young adults."

