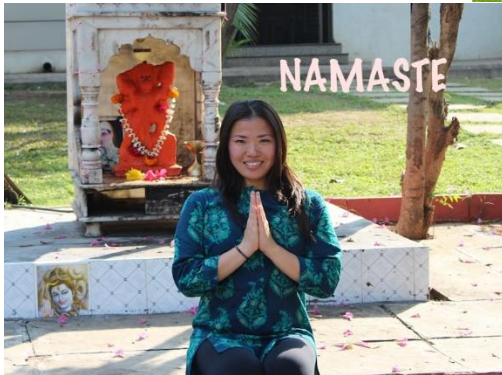


# Shoseian "Whispering Pine" Teahouse

Brand Library Park 1601 West Mountain St., Glendale, CA 91201



## Bilingual Yoga Sunday, Oct 21, 2018 1 PM – 3 PM

### Schedule

**1 pm – 2 pm Yoga In the Garden**

**2 pm – 3 pm "My Yoga Journey"**

**w/ slideshow in the Tea House**

Instructor Hikaru is from Japan, an Iyengar Certified Teacher. Iyengar Yoga, named after and developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas.

**Bilingual Yoga** = instruction from a bilingual (English and Japanese) instructor. **Learn simple Japanese phrases during the instruction** and stretch your mind as well as your body, while enjoying the Friendship Garden.

A delicious bowl of matcha tea will be served to all attendees.

**\$20 per person donation**

**RSVP by October 17th to : [friends@shoseianteahouse.com](mailto:friends@shoseianteahouse.com)**

With the # in your party – so we can be sure to have enough Tea & Sweets.

**Friends of Shoseian is a non-profit IRC Section 501 (c)(3) organization.**

**Contributions can be tax deductible under IRC Section 170.**

Sponsored by:



**In cooperation with the Japan Foundation**