

YOGA FOR HOPE & HEALING

To benefit **Yoga4MSD**

To honor the one year anniversary of the Marjory Stoneman Douglas High School shooting, in Parkland, Florida, Shames JCC will join yoga studios around the world and participate in YOGA for Hope & Healing.

YOGA for Hope & Healing
JCC Members and Non-members, ages 13+

Thursday, February 14, 2019

6:00 - 7:00 PM

Suggested donation: \$10. All proceeds will go to Yoga4MSD.

All participants should arrive by 5:45 to register. Participants aged 13 & 14 years old must have their guardians sign a waiver prior to participation. Contact Kayla Reisman at kreisman@shamesjcc.org for a copy of the waiver. To learn more about this event, please email: balancebreatheyoga@gmail.com.

About Yoga4MSD:

Yoga4MSD is a 501(c) 3 nonprofit founded by MSD Yoga teacher Amy Kenny in the days following the shooting at her school, Marjory Stoneman Douglas (MSD) High School, Parkland, Florida.

