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| What is a yogathon? Sanctuary Village is holding an eight-hour YOGATHON = various kinds of yoga, breaks, and a healthy lunch. You get a day of self-care while the sponsors we sign up support you and Sanctuary Village with their donations! You do the yoga, they donate. Simple and fun! |  | Address \_\_\_\_\_\_\_\_\_\_ Hatfield PA contact us Cathy Farrell | 215-430-3605 | cifarrell@comcast.net  https://www.tinyhousecommunity.org/ |  | Sanctuary Village Yogathon  1K+ Yoga Mat Pictures | Download Free Images on Unsplash |

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| Artificial Intelligence with solid fillDo you need a break from all the busy-ness and bad news? Aspiration with solid fillDo you want to do something that is good for you?Meditation with solid fillDo you want to feel better physically, mentally, and emotionally? |  | Whether you are a seasoned yoga practitioner or just want to see what yoga is all about, this day is for you – AND you can **do** some good while **doing good for yourself**. Sessions will be led by certified yoga instructors and will include:Breathing exercises; meditation; gentle yoga; hatha yoga; kundalini yoga; restorative yoga. All levels of practitioners are welcome!The event will take place on Saturday April 29 at a location in Hatfield PA. Please contact Cathy Farrell with any questions and to sign up. |  | “Yoga takes you into the present moment. The Only place where life exists.”  - Unknown - |