

Good Vibrations & the Yoga of Sound

HELD IN AUSTIN

**A BENEFIT yoga retreat to aid
FLOOD Victims of Southeast Louisiana
by SADANI Janet Houtz**

**Oct. 22, Saturday, 1-6:00pm
Oct. 23, Sunday, 10-4:00pm**

POTLUCK lunch SUNDAY

Bring your favorite dish to share!

*Elevate your Mood,
Energize Digestion,
Enthuse your Creativity
yoga asanas, chanting, healing
tibetan bowls & splashes of gentle gong and
a little Louisiana "lagniappe" (a little something extra!)*

**Where: Sol Healing &
Wellness Center
13805 Ann Place
Austin, Tx
Beautiful NEW spacious
yoga studio!!!**

Minimum Donation \$125 - note on check for BENEFIT for FLOOD VICTIMS

Mail check to: Janet Houtz 407 W. 15th Ave., APT. B Covington, La. 70433

or use Paypal to: sadani13@gmail.com