

SAVE \$5

Bring a Friend to an Evening Dharma Talk*

Immerse your being in Monday's Self Realization Breathing and Meditation Practice together 8-9pm or Tuesday's Yoga Remedies for Stress and Depression 8:30-9:30pm. You can truly aid in advancing the life of others.

BRING 1 FRIEND = SAVE \$5
BRING 2 FRIENDS = SAVE \$10
BRING 4 and come for free! :)

*valid only on Monday and Tuesday Talk at Dharma West Temple only.



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www.dharmayogacenter.com