

## MEN'S YOGA FOR OPTIMUM HEALTH

JOIN **JAI SEED** FOR A STRONG YOGA PRACTICE FOLLOWED BY A GUIDED MEDITATION IN SUPPORT OF MENS WELLNESS. THIS PRACTICE RELIEVES STRESS, STRENGTHENS THE BODY AND INTEGRATES THE BODY MIND AND SPIRIT. GREAT MODERN MUSIC ASSISTS YOU THROUGH THE POSES. BRING A MAT, TOWEL AND WATER. YOU WILL SWEAT. **PREREGISTRATION REQUIRED** \$13. CONTACT [SEED@JAISEED.COM](mailto:SEED@JAISEED.COM). MONDAY EVENINGS 5-7 PM AT THE **JAI HOUSE**, ARCHITECTURAL SANCTUARY, MALIBU CYN.



# YOGA FOR MEN'S WELLNESS

