



3rd Annual:

Summer Solstice Celebration

At the Bennington Monument

Yoga ~ Music ~ Family Fun

\$25 donation for Yoga. All proceeds to benefit PAVE (project against violent encounters)

***The first 75 people to register will receive a commemorative canvas tote bag filled with coupons and goodies from local sponsors.**

All other activities by donation

Sunday June 23rd 5:30-8:30 pm



The definition of the word "Yoga" means to unite or bring together. This celebration is intended to bring neighbors together and strengthen our community in a healthy, positive way.

Take the challenge of participating in 108 Yogic Sun Salutations which is a traditional practice during the time of the Summer Solstice. Join the teachers of Karma Cat Yoga Studio as they guide you through three different sets of 36 Sun Salutations. You are invited to practice in as many or as few as you would like.

**Enjoy live
Music**

**Picnic on
the lawn**

**Delicious
food**

**Yoga for
Kids**

**Monument
Rides**

**Open Drum
Circle
BYOD**

Register online or contact us at Karma Cat Yoga Studio:

469 Main St. ~ Bennington, VT

(802)447-2900 ~ www.karmacatyoga.com

