

# Special Svaroopaa® Yoga Class:

Saturday, October 5th

9 to 10:30 am ~ \$16



Your participation in this class supports you with the usual, wonderful benefits of Svaroopaa® yoga while also supporting survivors of all forms of sexual violence. All class fees go to **Take Back the Night Foundation**, a nonprofit that works to support survivors and raise awareness.

The Centered Place is one of many yoga studios from all 50 states participating in this event titled “Shine Your Light Yoga.” The goal is to breathe the largest collective breath possible on this day and to show our unity as we Shine Our Light.

***Taught by Phil Milgrom, a trauma-informed instructor. The class will include a short meditation and a contact-free practice to best support any survivors who choose to attend. Everyone welcome.***



**THE CENTERED PLACE YOGA STUDIO**  
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