



# FULL MOON MINDFUL YOGA

with **Timilie Losq, MA Psychology, Yoga Alliance Experienced Certified Yoga and Mindfulness Instructor**



***May peace prevail.***

Let's come together in a peaceful community under the healing light of the full moon. The fluctuating moon is like our fluctuating mind. Continuously cycling, growing, and changing. But, for a moment, each month, the fluctuating moon reaches a full circle. A time when, like the moon, our mind can rest in its own brightness, full, satisfied, peaceful, and luminous. The darkness and shadows that fill the night, and at times our mind, can be soothed and at peace at this time.

Join us for a gentle, restorative, mindful yoga class and soothing sounds session to connect with the abundant peace that resides within and around us.

We will move, stretch, breathe, be bathed in soothing vibrations of live instruments, and meditate together. For when we cultivate peace within, it emerges all around us. Indian teacher Prem Rawat says, "It is not the world that needs peace, it is people. When people in the world are at peace within, the world will be at peace."

**Monday, March 30**  
**6 – 7:25 p.m. (85-minute session)**

**Location: Jade Room (capacity of 15)**

**Cost: \$40 per person (open to the community) - pay at the CHF front desk**

**Registration required with Mindbody**

Visit [beachcitiesgym.com](http://beachcitiesgym.com) for more information.



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