

# Yoga in the Park

with Liza & Pete

**Sunday,**  
**Aug. 22, 2010**  
**8AM - 9:30AM**

**Let yourself be free... breathe... relax... let go...**

**Be free... you are a beautiful human-being...**

**You are lighter than your worries... you are beautiful...**

**Om... Sat Nam.. All love surround you...**

**Location: Eagle Rock Recreation Park (Eagle Vista Drive/Figueroa) in EAGLE ROCK**



**Find us on a grassy patch...Bring your mat, bottle of water, and a sweater/blankie  
Love donations in any amount are welcome. No one turned away for lack of funds.**

**More Info: 323-828-4947, [lizayogini@gmail.com](mailto:lizayogini@gmail.com)**