

Join Your Neighbors to Celebrate the Diversity of the Hillcrest Region on June 21st— International Yoga Day!



Just like the science of physics explains gravity—which has the same meaning all over the world and works on everyone the same regardless of their age, gender or beliefs—the science of yoga is universal. It is available to all and works on everyone the same! It is the science of attaining internal peace through breathing techniques and physical workout routines, devised many thousands of years ago in ancient India!

In 2014, the United Nations unanimously voted to declare June 21st as an International Day of Yoga. This date, which is shared by the Summer Solstice, is now celebrated all over the world, including New York's Times Square!

Mayfield Village is proud to host its own outdoor Yoga Festival for the Hillcrest region as well as neighboring suburbs!

WHEN: Thursday June 21, 2018

WHERE: Mayfield Village Community Room / 6621 Wilson Mills Road

SCHEDULE: 6 to 7 pm / Group Yoga (on the lawns near the gazebo)

7 to 7:30 pm / A discourse on the Universality of Yoga by Sudarshan Sathe

7:30 to 8:30pm / Indian Food, music and dance!

FREE EVENT—OPEN TO ALL!

Group Yoga is for all age groups—youth, adults, and seniors—everyone is welcome!

Come, work out and celebrate International Yoga Day with us!

Space is limited so register now at www.mayfieldvillage.com/recreation/yoga

**MAYFIELD
VILLAGE**

For more information, sponsorship or volunteering opportunities, contact Sandeep Dixit @ 216-926-6696 or the Parks & Recreation Department @ 440-461-5163.

MAYFIELDVILLAGE.COM/RECREATION/YOGA