

**5 classes FREE**

**\$50  
Value!**

# Yoga + Meditation

**Sonoma Ashram offers**



**Coupon Terms:**

- ◇ Offered to first 100 customers;
- ◇ One coupon per customer;
- ◇ All classes must be redeemed by same customer;
- ◇ Valid for any regular class;
- ◇ Excludes special programs;
- ◇ Coupon expires **12/31/12**

You are cordially invited to visit **Sonoma Ashram**! Please come and practice authentic **yoga**. Learn to **meditate** in a tranquil and friendly environment. We'll help you to tone the body, calm the mind and connect with your spirit. We teach meditation, gentle yoga, kids' yoga and yoga in Spanish. All levels are welcome!

**Check our yoga schedule at [www.sonomaashram.org/yoga](http://www.sonomaashram.org/yoga)**

*We are located in the City of Sonoma. To find us follow Arnold Drive. At the corner of Arnold and Craig is a nursery called Sonoma Mission Gardens. Turn on Craig Ave. Sonoma Ashram is the third set of houses on the right, # 1087.*

**Sonoma Ashram Foundation**



**Fullness  
overflowing**

**Address:**

1087 Craig Avenue,  
Sonoma, CA 95476

**Contact info:**

Phone: 707-996-8915

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[www.sonomaashram.org](http://www.sonomaashram.org)