



*"The correct attitude to our possessions
is gratitude not ownership"*

B.K.S. IYENGAR

MAY 31, 9:30AM YOGA IN THE GARDEN

Unwind and reset in this peaceful environment!

Start your Thursday morning with a breath of fresh air and yoga amidst the natural beauty of the Demonstration Garden. This botanical gem is a nearly secret garden located in Urbandale. After class tour the garden and have your questions answered by a master gardener!



All proceeds to benefit
the Demonstration
Garden.

Suggested donation

\$12

Mixed level class, all
welcome!

Bring your mat and a
friend!

At the corner of Dewy
Gibbs Road and 92nd
Street in Urbandale

[www.demonstration
gardenpcmg.org](http://www.demonstrationgardenpcmg.org)

On Facebook:

Demonstration Garden

YOGA WITH JOLENE
Jolene de Bruijn, RYT200

515-710-8656

www.yogawithjolene.com

Rain date June 7, 9:30am