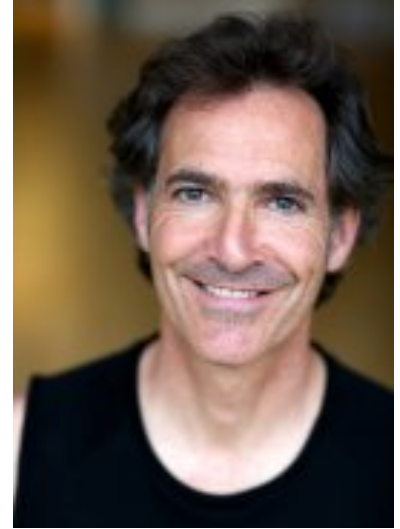


In Gratitude, In Community:
Online (Zoom) All levels Yoga class
with favorite guest teacher Franklin Shire
Sunday, November 29, 2020, 4:00 pm - 5:30 pm

“When we live in the spirit of
gratitude, there will be much
happiness in our life”
--Thich Nhat Hahn



Let's celebrate this Season of Gratitude by joining together in the contemplative practice we love, and sharing our gifts with those in need. Franklin returns to Sacred Spirit to guide us in a hearty, heart-warming practice for all levels; proceeds will benefit the December 24, “Party on the Streets” sponsored by Midnight Run, providing food, gifts and fellowship to those living on the streets of NYC.

On behalf of Midnight Run, we will accept your donations of \$25, \$50, \$100 for the purchase of food and gifts (thermals, gloves, hats, warm fleece) for a safe, socially distanced, gathering on the streets on December 24.

Invite family and friends – All are welcome!

Exchange: \$15 for online class pass, [REGISTER](#)
For information on Zoom, and how our system
works for online classes, click [here](#)

*Class Pass + Donation to the Midnight Run party fund can also be
made on the Sacred Spirit website.*

Franklin Shire is a certified Kripalu Yoga Teacher whose practice is based on breath and body awareness as self-awareness. Trained by senior Kripalu teachers Brahmani Liebman and Jashoda Edmunds, he is honored to share this great lineage with others. Franklin has taught in Westchester at yoga studios, schools and health clubs. He has enjoyed teaching yoga at Purchase College Dance Conservatory, and as a volunteer at Bedford Hills Correctional Facility and Public Schools in South Bronx, NYC.



Sacred Spirit Yoga and Healing Arts Center
At South Presbyterian Church
343 Broadway, Dobbs Ferry, NY 10522
sacredspirityogacenter.org