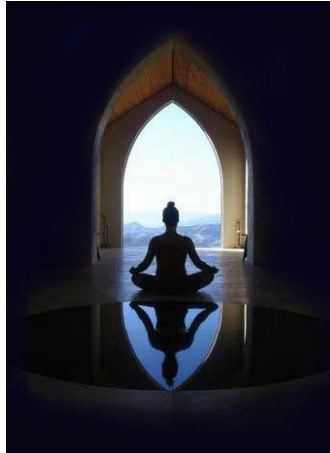


Tuesdays at Unity...



With Carty Spencer

Carty has been practicing yoga since 1974 and teaching since 1990. He received certificate training in the Ananda style with Eugene Jones and in 1994 completed a 52 week certification course with Lalitha Devi, a 20 year student of Swami Gitananda.

Yoga for Everyone

6:30 PM – 8:00 PM

If you're breathing right now, you're doing yoga. Breath is consciousness. Consciousness is life.

Forget everything you knew about yoga.

Forget about twisting yourself into a pretzel in 100 degree heat or "moving past the pain."

This class is about creating a loving relationship with your body and learning through your body how to be fully present, conscious and alive in the moment.

offered on a love offering basis



2222 Bush Street San Francisco, CA 94115 415.474.0440 www.UnitySF.com