



2nd Annual Yoga Speaker Series

YOGA FOR YOU AND THE PLANET

Nurturing Interconnectedness, Restoring Balance, Cultivating Well-being.

MARCH

13

2-3:30 p.m.

HOW TO FIGHT

The Climate Crisis of our age, demands that we battle for the wellbeing of our world. How we fight as yogis is our challenge, join us virtually!



Speaker

Diana O'Reilly

Chair, The British Wheel of Yoga

Keep your yoga mat handy!

Event includes a short yoga practice.



Scan the QR code for details, or go to:

uoguel.ph/yss