



**CULTIVATING INNER PEACE AND PRACTICING NONVIOLENCE
YOGA CLASSES WITH A FOCUS ON THE FOUR GREAT VIRTUES:
LOVING KINDNESS, COMPASSION, JOYFULNESS AND EQUANIMITY**

WHEN

Mondays 7:00 p.m. - 8:30 p.m. June 15, 22, 29, July 6 and 13th, 2009

BY DONATION

Benefit the **Institute for the Study and Practice of Nonviolence** in
Providence, RI in memory of **Susannah Chase**

WHERE:

Breathing Time Yoga, 541 Pawtucket Ave - Box 105, Pawtucket, RI 02860

Dear Students,

Yoga has taught me many, many things over the 16 years that I have been practicing. Most importantly, it's taught me the value of community and inter-connectedness of all things.

In the coming weeks, I will be calling upon the support of my yoga community as I attend the trial of my sister's murderer in Boulder, CO. Many teachers have very generously offered to donate their time to substitute for me while I am gone.

Any proceeds from class will be donated to the Institute for the Study and Practice of Nonviolence in Providence. This organization works hard to prevent crime by working face-to-face with people who are at risk.

I know that their work will prevent another family from having to go through what my family lives with every day.

Each teacher will be teaching on the theme of Patañjali's Yoga Sutra I.33: "Through cultivation of friendliness, compassion, joy and indifference to pleasure and pain, virtue and vice respectively, the consciousness becomes favorably disposed, serene and benevolent."

This is a cornerstone of Patañjali's yoga sutras, and can be used as a way to set an intention for your personal practice. I encourage you to attend the Monday evening class, and bring a friend or two if you can!

Thank-you and Namaste,

Christy Chase

Pre-Registration: Requested but not required.

Mail to: Breathing Time Yoga, 541 Pawtucket Ave – Box 105, Pawtucket, RI 02860-6058

Name: _____

Street: _____

City, State, and Zip: _____

- I'll be attending the following dates:
 - June 15
 - June 22
 - June 29
 - July 6
 - July 13
- My donation is enclosed, made out to the Institute for the Study and Practice of Nonviolence, Memo: In Memory of Susannah Chase.
- I can't attend any of the classes, but I'd like to donate. My donation is enclosed made out to the Institute for the Study and Practice of Nonviolence, Memo: In Memory of Susannah Chase.