



# Christmas Day

## Yoga!



Please Join the BROOMFIELD STUDIO and The CHANDA PLAN FOUNDATION for a donations-only yoga class! Led by our beautiful Heidi Beachley...

*December 25*

*12 noon - 1:15 p.m.*

*62*

The Chanda Plan Foundation is an integrative therapy program for individuals with disabilities. When traditional medicines stop working and medicare won't cover the cost of yoga, acupuncture, or massage, the Chanda Plan steps in to provide funding. The Chanda Plan is a nonprofit organization that transforms people's lives and provides hope when there's no alternative.

Visit <http://www.iamtheplan.org/> for more information on how you can help or to make a donation if you can't join us.

