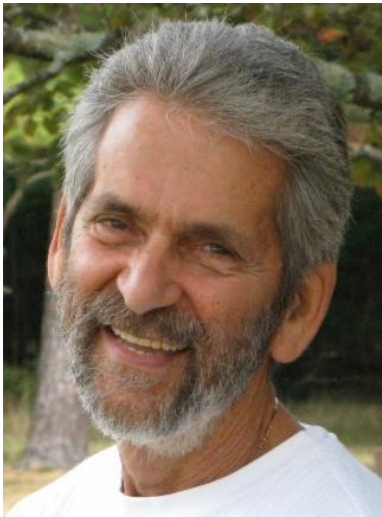


# ***Joint Movements, Yi Gun Gin Deep Relaxation & Mudras***

A special class focusing on basics and specialty practices that make a difference in how you feel!



*Join Margabandhu as he shares how to use these practices to bring the health of our body and mind to one of more vitality and joy!*

***Saturday, May 19 1-3 pm***

***\$25.00 Donation***

***Please Pre-Register***

***by calling 201-796-7585 or Registering online:***

***[www.iyinj.org](http://www.iyinj.org)***