

*"Moments of joy that are woven
through threads of kindness,
connection, and compassion."*



World Kindness Day

November 13, 2023

The celebration of kindness requires no grand gesture;
it's as simple as a smile as you pass by, expressing gratitude,
or holding the door open. It is the small acts that touch
hearts and leave a sacred imprint upon us.

JOALI



Uplifting your Heart

It is said that one of the best exercises for the heart is to lift each other up through kindness. Celebrate World Kindness

Day with us and join us for a heart chakra activating meditation. Open your heart to love and kindness through the motions of your body, restoring balance and wholeness to you and those around you.

Yoga Pavilion

8:00 am to 8:45 am

Complimentary

For more information or reservations, please contact your Jadugar.

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