



SF Chronicle, SF BAY Club Magazine, and Greenbrier Sporting Club calls Joti the Guru of Meditative Sports Stretch, a fun way to stretch utilizing static, dynamic, and myofascial release to hypnotic music while using color therapy and guided creative visualization. It is appropriate for all ages and specific needs will be addressed.

Meditative Sport Stretch

Class with Joti

Saturday, August 21

2-4 pm, Harbin Temple

Harbin Hot Springs, Middletown, CA

www.Harbin.org

Donations requested