

90 minutes of yoga to benefit The 90 Foundation.

**Every 90 minutes someone is diagnosed with ALS
and another dies. We can change that!!!**

Please join Brenda on Friday, October 24, from 6 pm to 7:30 pm
for a vinyasa flow yoga class to benefit research to cure ALS.

With a fun playlist as our backdrop, this class will focus on
the mind-body-spirit connection and aligning breath
with movement. It's appropriate for all levels, from
beginner to experienced practitioner.

Enso, 319 B West State Street, Media, PA 19063
610 892 YOGA (9642) www.experienceenso.com



enso
yogic • martial • living arts

EVERY90MINUTES

Inspiring the fight to end ALS.

If you can't join us, you can still make a donation.
We accept Visa, Master Card, American Express, and
Discover. Go to www.every90minutes.org or send
a donation (check/money order) to 90 Foundation,
9002 Jolly Dr, Austin TX 78750.

Follow us on Facebook and Twitter.

Donation based class (cash/credit card). 100% of all proceeds will go The 90 Foundation. Dedicated to promoting ALS research.

