

9537 Candida Street



San Diego, CA 92126

*Presents*

# SATURDAY NIGHT CHILL

From 6 - 7 p.m. on Saturday August 23,  
Yoga Next Wave transforms into a zen-den of yoga  
coolness and mindful movement to benefit:

**the National Multiple Sclerosis Society**  
**in memory of Doris Avery &**  
**in honor of the 50-Mile Challenge Walkers.**

Forty minutes of groovy flow culminates with an  
extended 20-minute savasana guided by our own  
certified Yoga Nidra facilitator Rachel Walsh.

All physical ability levels welcome - no yoga experience required!  
Bring a mat, water, and a friend or two. Props and chairs provided.

Pay at the door but reserve your space online at [yoganextwave.com](http://yoganextwave.com) and click on  
Schedule → Saturday Night Chill, or email [yoganextwave@gmail.com](mailto:yoganextwave@gmail.com).

**\$10 suggested donation covers class & karma.**

**Affordable.**

**Authentic.**

**Yoga.**