

Interested in more benefit from your Yoga practice?

Greater understanding = Greater Benefit

Jnana Yoga is the Yoga of Wisdom and Knowledge

We will offer a Jnana Yoga class at Ananda Shanti starting on Tuesday, May 15th when we will start an exploration of the Eight-Limbs of Yoga

6:30 to 7:45 PM  
Led by Gail Cantor

## The Eight-Limbs of Yoga

