

OFF THE MAT INTO THE WORLD

Part of the Engage Network



What Will You Do?

2010 Yoga, Purpose, & Action Trainings

with Seane Corn, Hala Khouri, and Suzanne Sterling

March 17-21 Yoga Tree, San Francisco, CA

June 6-11 Omega Institute, Rhinebeck, NY

June 11-13 [Advanced] Omega Institute, Rhinebeck, NY

August 1-6 Esalen, Big Sur, CA

November 3-7 Om Time, Denver, CO

Off the Mat into the World® uses the power of yoga to inspire conscious, sustainable activism and to ignite grassroots social change. We see yogis everywhere taking their yoga off the mat, into the world. Join the movement.

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