

# Autumn Equinox Celebration

September 19<sup>th</sup> - Saturday 6:30 pm

Potluck to follow

\$15.00 Donation



Urban Yoga Center  
458 S. Palm Canyon Dr.  
760-320-7702  
[www.urbanyoga.org](http://www.urbanyoga.org)

Come celebrate the harvest with us as we move forward into the next season. This is a time to evaluate what works in our lives and what doesn't. We will use our prayers, intentions and music to help us shift into harmony and balance with Spirit and the Earth. We raise energy and send out the vibration for our own healing as well as the Earth's healing and balance. Bring drums, bells, rattles, bowls, instruments to create music... or just yourself. Bring food to share and an open heart. See you there.

Mari Mendoza facilitates the ceremony  
Any questions, call Mari 760-318-8358