

Please join us for the 3rd Annual. . .

Open House & Silent Auction & 30th Anniversary Celebration

8:30 a.m. – 5:30 p.m. Saturday, December 8



**To Benefit the 3HO Kundalini Yoga Center
3525 Walnut Street, Kansas City Missouri
(816) 561-5337**

Meet & greet the Yoga Center teachers & students

Free Kundalini Yoga and Meditation Classes at 8:30 a.m. & 1:30 p.m.

Vegetarian refreshments throughout the day

Complete your holiday shopping at our Silent Auction of a wide variety of quality items donated by local merchants, 3HO businesses, friends and students of the Kundalini Yoga Center:

Health & Beauty Products ◦ Books, Music & DVDs

Restaurants & Health Food Store Gift Certificates ◦ Art & Sculpture

Yoga, Meditation & Movement Classes & Aides ◦ Professional Services

House wares ◦ *And Many Miscellaneous items*

Purchase "a great holiday gift idea" yoga class gift certificates

15% off all our merchandise - CDs, DVDs, videos, books and products

Please Join Us and Introduce a Friend to Kundalini Yoga,

"The Source of All Yogas."

Powerful but Gentle Yoga for Every Body.