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Subject: Yoga for Change and Clarity — Thank You to Everyone Who Attended

Date: Thu, 05 Apr 2012 21:59:40 +0000



Last month, the brilliant and beautiful yogi Elena Brower brought her healing energy into the Urban Zen Center to lead a slow, meditative yoga practice devoted to helping students find moments of clarity. We hope those who attended enjoyed it as much as we did. With ticket proceeds from the night supporting our continued efforts in Haiti, the practice of mindfulness and healing extended well past the walls of the studio space.

To those of you who couldn't make it, you can [read a full account of the evening here](#) and [view the photo gallery on Facebook](#).

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