

# A PRACTICE OF KARMA YOGA - SELFLESS SERVICE

with Jodie Rufty

**Friday June 12<sup>th</sup>**

**5:30pm – 7:00pm**

Yogaworks Westside  
(37 W. 65th St. 4th Floor)  
Suggested donation \$30



**Karma yoga, the practice of selfless service is one of the major paths of yoga.** Join us and experience a rejuvenating, restorative, and grounding donation based yoga class benefiting "Exhale to Inhale". Exhale to Inhale empowers survivors of domestic violence and sexual assault to reclaim their lives through the healing and grounding practice of yoga.



*"Choose a path that benefits others and serve with selfless love; serving the world with love and cooperation, you will find your own true Self. As you help those in need, selfishness will fall away, and without even noticing you will find your own fulfillment."* Amritanandamayama

Exhale to Inhale is a 501(c)(3) charitable organization bringing yoga to survivors of domestic violence and sexual assault in New York City, Westchester County and the Hudson Valley. [www.exhaletoinhale.org](http://www.exhaletoinhale.org)



EXHALE TO INHALE