YOGA FOR A CAUSE

FREE YOGA CLASS with Chris Eder
donations benefitting Mindful Yoga Therapy
(helping veterans with PTSD)

Sun., Nov. 13th • 5:00-6:15pm
@ The Mezzanine
308 S. Cate St., Hammond, LA 70403

About Chris Eder:
Chris Eder is a retired US Air Force MSgt with PTSD. He served 23.5 years as a combat correspondent. Today, Chris considers himself a broadcast journalist, turned yogi who now creates mala beads to support several non-profit organizations such as, Mindful Yoga Therapy for Veterans, the Give Back Yoga Foundation, and VETOGA. Chris is a Yoga Alliance registered Vinyasa and Hatha Interdisciplinary yoga instructor.

Learn More &
Register Online @
www.hammondyoga.com
985.205.3414
*Please bring a mat.