

Sat. Feb. 25 4-6pm

# Mardi Gras

## Yoga Workshop to Benefit Hudson Pride

*Luis Davila and Jessica Stickler will lead an extended fun Mardi Gras Jivamukti yoga class, the proceeds of which will go directly to the local LGBTQ center here in Jersey City. Committed to yoga and to activism, they believe in bringing the benefits of our yoga practice back to our communities.*

*Our communities are under siege, there is almost no one who isn't touched by the recent election and its aftermath. Its time to build up our communities and strengthen our resolve. Please join us for this yoga class, which is simultaneously an act of self care AND other care.*

### **ABOUT Hudson Pride:**

*Hudson Pride hosts support groups of all types, offers safe space and HIV support, as well as a thriving youth program. For more information or to get involved visit: [hudsonpride.org](http://hudsonpride.org)*



*Photo by Nicole Mosquera*



**FESTIVE DRESS  
WELCOME!**

**Suggested Donation \$10-\$30  
No One Turned Away!**



*Jessica Stickler*



*Luis DaVila*

**REGISTER ONLINE AT:**

**Jivamukti Yoga Center 171 Newark Ave. [JivamuktiYogaJerseyCity.com](http://JivamuktiYogaJerseyCity.com)**