



Swamini Mayatitinanda
Spiritual Head of Mother
Om Mission

FREE CLASSES in Holistic Health Care



Ayurveda in Wise Earth Tradition Yoga, Breath & Sound

MOM'S OUTREACH PROGRAM • THE SOUTH BRONX

509 Willis Avenue, 4th Floor • Bronx, NY 10455

Mother Om Mission: Charitable Work

MOM is a charitable, holistic Vedic educational center whose goal is to support at-risk communities by empowering community members with the education and tools needed to restore joy, health, and prosperity and a sense of shared responsibility for cultivating harmony, health and wellness for self, family and community. MOM's work and education adapt to the manifold needs of each specific community.

Autumn/Early Winter Schedule

EVERY THURSDAY BEGINNING
BEGINNING AUGUST 7, 2003

Every Thursday 6:00p.m.-7:15p.m.

Surya Namaskara - Yoga for Cardiovascular Wellness

Yoga & Breathwork, and Sound - Healing Passes

Make a Commitment to Harmony

*Come and learn more about MOM's Yoga, Breathwork and Meditation
with MOM's instructors, Brunilda and Emerita.*

For Registration, Call 914-237-1510 or 917-506-2538

www.wisearth.org • email: mom@wisearth.org • srijaya1@aol.com

MOM's charitable programs are made possible by the support of the Wise Earth School of Ayurveda
and the Balm Foundation.