



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**

Location To Be Announced

#### **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.

#### **Summer Schedule**

BEGINNING AUGUST, 2003

Every Thursday 6:00p.m.-6:45p.m.

Yoga & Breathwork, and Sound - Healing Passes

Every Thursday 6:45p.m.-7:15p.m.

Surya Namaskara - Yoga for Cardiovascular Wellness

#### *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**

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

MOM's charitable programs are made possible in part by the support of the Balm Foundation.