

Yoga in the Hood



Instructor: Debra Constance

ReachBack L.A.
(Charity Works)

Dear Friends,

Community work is a big part of the outer yoga; it's called Karma Yoga and is the "Path of Work," not work for one's own gain, rather for the love and gain of others. Having spent much time at the center, I just wanted to take a moment to express the beauty and light shining through the eyes of these children. With scarcely any money in their homes and communities, their quality of life (home, school, streets, etc.) has deteriorated. You would be appalled if you walked through their dilapidated schools; I was. Yet, due to their environment, the light shines brighter through them. They are not spoiled, thus, don't expect much; they are easy to make smile. Debra Constance

Location:

ReachBack L.A.

1773 E. Century Blvd.

Los Angeles, CA 90002

When:TBD

Time:TBD

Contact Debra Constance at 213-473-3711 for more information