



Positive Yoga

Please join us....

Create peace within; find the strength that lies deep down, feed your soul.

Yoga for HIV+

All you need to do is wear comfortable clothing, bring water and an open mind - we'll supply the rest!

We will take you through a gentle yoga practice filled with breathe work, movement, meditation and music.

We will help you find the tools you can use to continue your life's journey. The tools that will help conquer fear, anxiety & depression, the tools to open your heart and mind and help you find the courage you already own!

Join us! All levels are welcome.

Class will meet weekly in Teaneck, for more information and to schedule a class contact.

Frank Hoehne, MSW

201-522-2929

Yoga Instructors are volunteers with



Caring for one another – mind, body and soul.

Our mission is to offer Yoga at no charge to those who have been challenged by difficult circumstances, such as illness, abuse, and addiction. Our volunteer Yoga teachers offer their services with their hearts and minds open and focus on uplifting the human spirit while cherishing the dignity and uniqueness of each individual. The goal of Karma, or selfless service, is to enhance the lives of those who are in need of spiritual healing by providing peace, love and compassion.

www.kulaforkarma.org • 1-888-k4k-yoga