



# Donation Class for Trini Foundation

with Melissa Mokes, RYT200

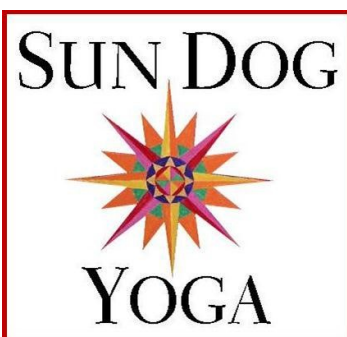
**Friday, May 18, 2018...6:00-7:15pm**

**Class is free of charge...we are accepting cash and credit donations for the Trini Foundation**

Join us for an end-of-the-week de-stresser....enjoy a great Ashtanga Vinyasa class with us! We'll be moving through the first half of the Primary Series of Ashtanga with plenty of modification choices, so the class will be tailored as a perfect fit for you...all levels welcome.



**The Trini Foundation** is a 501c3 non-profit organization dedicated to bringing the life-changing practice of Ashtanga yoga to those struggling with drug and alcohol addiction. Trini's mission is to provide yoga as a tool to aide in the recovery process and help those who are suffering maintain long-term sobriety. Sun Dog Yoga Studio is proud to be a partner studio with Trini Foundation...sending instructors to teach in local treatment facilities, and offering yoga scholarships to those who are accepted through the Foundation.



## Enroll today!

Sign up online on our "Schedule" or "Workshops" page at [sundogyogastudio.com](http://sundogyogastudio.com)

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