

JoYga Project!

with Sarah Chapman

Sundays,
October 1-
November 19
1:30-3:00 pm



\$70
paid to the Joyga
Project!

Are you a teenager interested in practicing Yoga and mindfulness while paying it forward and giving it back to the world?

“JoYga Project” aims to be a worldwide project that promotes human values such as Compassion, Love, Care, Kindness and Peace.

We know the joy you bring to the world everyday simply by being you! And you are invited to celebrate your joy with JoYga! This is an opportunity to give a gift to both yourself and the world. Through yoga, we will come together as friends to develop our compassion, love, care, kindness, and peace through movement, yoga games, and more. At the end of this 8 class series we will adventure into New York City to bring hot meals to the homeless and displaced. Beyond the food, the joy you cultivate during the class will naturally spread through each smile you share and will nourish the hearts of those you meet during the trip.

All proceeds of class cost will go towards meals, transportation, goodies such as hats, blankets, Starbucks gift cards, & more!

For more information and to sign up contact Sarah Chapman at sarahchapman100@hotmail.com or 415.912-6863.



Sarah Chapman, is a 200-hour (YA RYT) certified yoga teacher, artist, and founder of the JoYga Project. As an elementary school teacher and Mother of 4, Sarah thought of all the beautiful tools we could give to our children by teaching them breathing, meditation and movement as a way to help them to face challenges in life. Wishing she'd

had these techniques earlier in her life, Sarah decided to take on her certification to teach teenagers these tools. Sarah understands that not all teenagers are receptive to Yoga, mindfulness and meditation but still thinks that planting the seed and letting it grow is good enough. She hopes to make it a worldwide recognized charity. The idea of the Joyga Project came to her when reading “The Book of Joy” by the Dalai Lama and Desmond Tutu wishing to show that it is in giving that we receive.

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come as you are