

New for 2012!



A Year of Wishes Yoga and Sangha

Second Sunday of Each Month

9:30-11:30 a.m.

at Pure & Simple Yoga

in Cortland NY

On the second Sunday of each month Lisa Sarick will be leading an all-levels yoga class followed by a Sangha, a spiritual gathering. The theme of each class and gathering will be inspired by the 2012 Year of Wishes Calendar created by Lisa and local artist Lori Portka. The calendar follows a Metta meditation format in blessing the self, then others, then the world.

See more about the calendar at Loriportka.com.

Or check it out at Pure & Simple Yoga!

With or without the calendar please join us for

YOGA from 9:30 to 10:30

All levels welcome, use your class card or pay drop-in fee.

Stay or join us for

SANGHA at 10:30

Sangha includes prayer, meditation, sharing, a healing circle, and then "breaking bread" together; so please bring a vegetarian dish to share. The intention is to feed ourselves spiritually by connecting with and celebrating the Divine, and to support one another's spiritual growth. We contribute to the larger community also by taking a collection for a charity at each gathering.

Or come in for

SAVASANA at 10:15

You may come in, quietly join us in relaxation and then stay for Sangha.

Reverend Lisa Sarick, MA, RYT is a registered Kripalu yoga teacher, counselor, and an Interfaith Minister. Lisa co-founded CNY Yoga Center in Liverpool and Syracuse and now lives and works in Cortland.