



The Happy Yogi Cooperative presents

108 Sun Salutations

a Community Event and Fundraiser for

T★A★P★S®

TAPS, the Tragedy Assistance Program For Survivors, is a national nonprofit providing comfort, compassionate care and comprehensive resources for those grieving the death of a military or veteran loved one since 1994.



**Sunday, November 9th
from 1:00 - 3:00 p.m.**



Offered in-person at our Rockville studio or online via Zoom

Flow for a Cause, in honor of Veterans and in support of their families! The workshop will include four sets of 27 *Surya Namaskars*, guided stretching breaks between each set, and guided meditation during *Savasana*. 108 is a lot; do Some, None or All! 100% of the proceeds will be donated to TAPS.

Register, Make a Donation, and Learn More ~ www.thehappyyogi.com/taps

Happy Yogi Cooperative ~ 2200-C Baltimore Road, Rockville ~ (301) 892-6353