



CHINMAYA MISSION AUSTIN

FIND YOUR BALANCE: YOGA & MEDITATION FOR EVERYDAY LIFE

Take a pause from your busy week and join us every Sunday for a Yoga and Meditation series designed with real life in mind. Each session explores a unique theme to help you **reset, recharge, and restore balance** - no matter what life brings your way.

ALL CLASSES ARE FREE NO EXPERIENCE NEEDED. COME AS YOU ARE.



**EVERY SUNDAY
10:15 AM - 11:15AM
STARTING SEPT 21**

Chinmaya Sundaram
12825 Burnet Rd,
Austin, TX 78727

Please register to help us
plan the room setup!

REGISTER NOW



<https://forms.office.com/r/k3QiFgh4SM>



Questions: 402.216.8661
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