

# AUTHENTICATE

## #YOUYOGA

With Amy Elias, MS

**Awaken To Your Optimal Blueprint**  
*The Art & Science Of Being You*



**STUDENTS, TEACHERS & STAFF**  
**BEGINNING WEEK OF MONDAY, MARCH 20, 2017**  
**MONDAY. WEDNESDAY. THURSDAY & FRIDAY**  
**7:00 - 8:00 AM**  
**MIDDLE SCHOOL GYM**



**It's Where We Begin That Matters.**  
**REWIRE. RECALIBRATE. REINVENT.**  
**Free Your Body, Mind and Breath**

*Manhasset High School and Manhasset CASA are bringing a new wave of mindset, mindfulness, meditation, motivation, movement and momentum to Manhasset.*

**ALIGNMENT IS POWER.**