

# Healing Breath for Mind, Body & Spirit

## A SUNDU YOGA COMMUNITY EVENT

Sunday, May 31, 1 to 2:30 p.m.

Learn breathing techniques to create positive, healing energy. Calm and focus your mind. Be inspired to be the best that you can be!



**Place** Torrance Civic Center Cultural Arts Center,  
Dance Studio # 3,  
3330 Civic Center Drive, Torrance

**Cost** \$5.00 Please arrive early and pay at the door.

**r.s.v.p** E-mail names of attendees to: [MaryCookMA@att.net](mailto:MaryCookMA@att.net)  
or leave a message at 310-517-0825 by May 25.

**Wear** Comfortable exercise clothes

**Bring** Yoga mat if you have one, or community mats will be available.

*Join us for a discussion, and participate in a demonstration of Sundou's mindful breathing, and stretching postures.*



**Derrick Kim** is a Black Belt Sundou Yoga Master, and Licensed Acupuncturist. He has taught breathing meditation, acupressure, exercise classes, and Reiki for over 15 years. Derrick Kim's abilities to read energy from the whole body, allow him to be highly skilled at diagnosis and acupuncture, and to work with people in a holistic manner. His specialties include painless needle techniques, sports injuries, posture evaluation, digestion problems, and devising exercise and breathing programs. He teaches Sundou Yoga classes 6 days a week in Torrance. Contact him at 213-926-2883.

[www.sundousa.org](http://www.sundousa.org)