

FREE VIRTUAL COMMUNITY YOGA

GENTLE YOGA FOR EVERYONE

with Heather Manning

Rejuvenate with this online yoga series featuring restorative postures for ease and relaxation. Learn breathing as a tool to slow the body. All experience levels welcome.

August 12
September 9
October 7

August 26
September 23
October 21

6:30 - 7:30 p.m. on Zoom

FREE! Donations accepted each week for local

Black organizations

Sign up: <https://bit.ly/2Xw4mmX>

or scan QR code below



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