



You call this **YOGA.**

Summer OF Love

2020

MONDAYS:

GENTLE YOGA FOR HEALING

1:00-2:00 pm

with *Michaele Woodhouse*

June 29 - August 24

Register:

https://us02web.zoom.us/webinar/register/WN_HoPGTa8eTTCsCX4No3_f1Q

Sponsored by:

Waverly Hematology Oncology

MONDAYS:

YOGA AND MEDITATION FOR EVERY BODY

7:00-8:00 pm

with *Victoria Haffer*

June 29 - August 24

Register:

https://us02web.zoom.us/webinar/register/WN_gW4B44BFTW-QVsyAaWBgkQ

Sponsored by:

The Joel Fund

TUESDAYS:

STRESS MANAGEMENT AT THE DESK OR ANYWHERE

12:00-1:00 pm

with *Tiffany Candiotti*

June 30 - August 25

Register:

https://us02web.zoom.us/webinar/register/WN_6vlguJRPTFGjIEg8R04JVA

Sponsored by:

Active Healthcare



TUESDAYS:

ACTIVE YOGA FOR HEALING

6:30-7:30 pm

with *Amy Rockwell*

June 30 - August 25

Register:

https://us02web.zoom.us/webinar/register/WN_C3xRDtPkS6e4NesPvmHo3w

Sponsored by:

Waverly Hematology Oncology

WEDNESDAYS:

HEALING YOGA

11:00 am-12:00 pm

with *JJ Gormley*

July 1 - August 26

Register:

https://us02web.zoom.us/webinar/register/WN_Vk3s484uQMW7Zbi_GgVsHA

Sponsored by:

Deb Orol RN, Holistic Health Coach

THURSDAYS:

GENTLE YOGA FOR RESILIENCE

12:00-1:00 pm

with *Renee Baker*

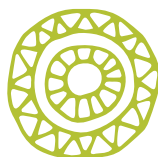
July 2 - August 27

Register:

https://us02web.zoom.us/webinar/register/WN_jdcCIDTsSle6KD-NQ5IUba

Sponsored by:

Bliss Body Yoga



THURSDAYS:

TRAUMA-INFORMED YOGA

4:00-5:00 pm

with *Laura Phoenix*

July 2 - August 27

Register:

https://us02web.zoom.us/meeting/register/vJQtdOGrpz0s9v4qbB_qvkaBqmJj7Kh3oA

Sponsored by:

EPIC Physical Therapy

FRIDAYS:

STRETCH & UNFOLD: GENTLE MOVEMENT AND RESTORATIVE YOGA

10:30-11:30 am

with *Kristen Rae*

July 3 - August 28

Register:

https://us02web.zoom.us/webinar/register/WN_9mlB14DjKqkqvvhB5QYX0w

Sponsored by:

Wake County Community Foundation

SATURDAYS:

ADAPTIVE CHAIR YOGA

10:00-11:00 am

with *Anjana Rathores*

July 4 - August 22

Register:

https://us02web.zoom.us/webinar/register/WN_TZ4elutSSmGpN0dNGcaSqq

Sponsored by:

Cary Integrative Health

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