

YOU CALL THIS YOGA *presents*

SUMMER YOGA

2021

Free, accessible yoga worldwide!
English and Spanish classes
July 12 - Sept. 2

MONDAYS

1:00 PM
GENTLE YOGA FOR PEOPLE
TOUCHED BY CANCER
with *Michaele Woodhouse*

5:30 PM
VETERANS AND FAMILY
CLASS: YIN YOGA with *Nicole*
4 week series, check schedule

7:00 PM
YIN FOR BEDTIME AND ANYTIME
with *Kiesha Battles*

TUESDAYS

10:30 AM
CHAIR YOGA TO
IMPROVE MOBILITY
with *Anjana Rathores*

5:30 PM
ACTIVE YOGA FOR PEOPLE
TOUCHED BY CANCER
with *Kristen Rae*

WEDNESDAYS

5:30 PM
CHAIR YOGA TO IMPROVE RANGE
OF MOTION with *Claire Cunneen*

THURSDAYS

1:15 PM
HEALING CHAIR YOGA
with *JJ Gormley*

6:00 PM
COMMUNITY YOGA
with *Kiesha Battles,*
Karla Villacello,
Bethany Kim-Yin

FRIDAYS

10:30 AM
STRETCH & REST
with *Kristen Rae*

SATURDAYS

8:30 AM
SPANISH YOGA
STABILITY AND BALANCE
with *Kathy Chavez*

10:00 AM
SPANISH YOGA
CHAIR & STANDING
with *Amma Fandino,*
Juan Martinez

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YOGA.

LEARN MORE & REGISTER: youcallthisyoga.org/summeryoga2021/