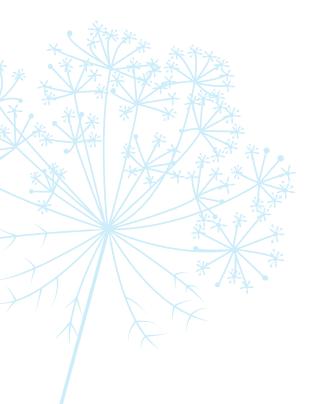
## YOU CALL THIS YOGA presents

# SUMMER YORK

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** 

