

YOU CALL THIS YOGA *presents*

Autumn Yoga 2021

Free, accessible yoga worldwide! English and Spanish classes
September 20 - November 20

MONDAYS

1:00 PM

**GENTLE YOGA FOR
CANCER HEALING**

with *Michaele Woodhouse*,
sponsored by
[Waverly Hematology Oncology](#)

5:30 PM

**RESTORATIVE YIN YOGA FOR
VETERANS & THEIR FAMILIES**

with *Nicole*,
sponsored by [The Joel Fund](#)

7:00 PM

YIN FOR BEDTIME/ANYTIME

with *Kiesha Battles*,
sponsored by [Bolstered](#)

TUESDAYS

10:30 AM

HEALING YOGA FOR BACK CARE

with *Anjana Rathore*,
sponsored by [Active Healthcare](#)

6:00 PM

BIPOC COMMUNITY YOGA

with *Karla Vallecillo*,
Bethany Kim-Yin and
Carolina Chavez,

sponsored by [Tyndall Treehouse](#)

WEDNESDAYS

10:30 AM

**ACTIVE YOGA BASICS
FOR CANCER HEALING**

with *Kristen Rae*, sponsored by
[Waverly Hematology Oncology](#)

5:30 PM

**CHAIR YOGA FOR IMPROVED
MOBILITY** with *Claire Cuneen*,

sponsored by [Donors to YCTY](#)

7:00 PM

**YOGA STABILITY &
BALANCE EN ESPAÑOL**

with *Kathy Chavez*,
sponsored by [Donors to YCTY](#)

THURSDAYS

1:15 PM

HEALING CHAIR YOGA

with *JJ Gormley*,
sponsored by [Donors to YCTY](#)

FRIDAYS

10:30 AM

STRETCH & REST

with *Kristen Rae*,
sponsored by [Donors to YCTY](#)

SATURDAYS

8:30 AM

LGBTQ + GENTLE YOGA

with *Karla Vallecillo*,
sponsored by
[Donors to YCTY](#)

10:00 AM

**CHAIR & STANDING
YOGA EN ESPAÑOL**

with *Amma Fandino* &
Juan Martinez,
sponsored by [Active Healthcare](#)



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YOGA.

LEARN MORE & REGISTER:

<https://youcallthisyoga.org/autumnyoga2021/>