

You call this **YOGA.** presents

SPRING YOGA 2022



APRIL 25 - JUNE 25

Free, online accessible yoga worldwide! • English and Spanish classes

MONDAYS

11:00am
HEALING CHAIR YOGA
JJ Gormley
Sponsored by [Waverly Hematology Oncology](#)
[Register here](#)

1:00pm
GENTLE YOGA
Michaele Woodhouse
Sponsored by [Waverly Hematology Oncology](#)
[Register here](#)

6:00pm
BI-LINGUAL FLOW
Carolina Chavez
Sponsored by [Donors to You Call This Yoga](#)
[Register here](#)

TUESDAYS

10:30am
ACTIVE YOGA BASICS
Kristen Rae
Sponsored by [Waverly Hematology Oncology](#)
[Register here](#)

7:00pm
YOGA FOR EMOTIONAL REGULATION IN SPANISH
Amma Fandino
(May 3 - June 7)
Sponsored by [Donors to You Call This Yoga](#)
[Register here](#)

THURSDAYS

7:00pm
**YIN FOR BEDTIME/
ANYTIME**
Kiesha Battles
Sponsored by [Tyndall Treehouse](#)
[Register here](#)

FRIDAYS

10:30am
STRETCH & REST
Kristen Rae
Sponsored by [Active Healthcare](#)
[Register here](#)

SATURDAYS

10:00am
**CHAIR & STANDING
YOGA IN SPANISH**
Amma Fandino
Sponsored by [Donors to You Call This Yoga](#)
[Register here](#)

LEARN MORE & REGISTER: youcallthisyoga.org/spring-yoga-2022/