

Mindful Yoga – In Person

Connect with your inner wisdom and healing, in community.
also online via Zoom



Wednesdays 2:30-3:30 PM

Apr 24 – July 24, 2024

(NO CLASS May 22 & 29)

About the instructor:

Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998. She has a passion for living the practices and revealing valuable insights. Her clear, centering voice and compassionate, intuitive guidance emphasize the richness of moment-to-moment awareness and inspire a sense of community among participants.

Visit: eastbayyoga.com



Photo: Jim Brooks

REGISTER Online [at this link](#)

or call/text 510-710-7102

Experience present-moment awareness through basic yoga postures (modified as needed), breathing practices, relaxation, and meditation in a supportive environment. Includes suggestions for simple and effective self-care and intentional healing for all.

All levels of experience welcome.

At Broadway Rhythm Dance
660 Tennent Ave, Pinole, CA
Free Public Parking next door.



east bay yoga