

# 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 17, 2024**  
(NO CLASS May 22)

## 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](http://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