

Mindful Yoga – In Person

Reconnect with a sense of wholeness, strength, and joy through conscious movement, breathing, and relaxation.

also Online via Zoom



Wednesdays 2:30-3:30 PM

Jan 31 – Apr 17, 2024

All 12 Classes: \$216 (\$18 level)

Any 9 of 12: \$180 (\$20 level)

Any 6 of 12: \$132 (\$22 level)

Walk in anytime: \$25 per class

Sliding Scale available – just ask

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

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.

Bring a yoga mat, 2 yoga blocks, folded blanket and yoga strap or belt.

REGISTER Online [at this link](#)

At Broadway Rhythm Dance Studio

660 Tennent Ave, Pinole, CA

Free Public Parking lot next door.