

Mindful Yoga – In Person

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



About the instructor:

Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998. Her clear, centering voice and compassionate, intuitive guidance emphasize the richness of moment-to-moment awareness and inspire a sense of community.

Visit: eastbayyoga.com



Photo: Jim Brooks

Wed 2:30-3:30 PM

Nov 6, 2024 – Feb 19, 2025

(SKIP Nov 27, Dec 11 & 25, & Jan 1)

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 simple and effective self-care and intentional healing for all.

All levels of experience welcome.



east bay yoga

At Broadway Rhythm Dance
660 Tennent Ave, Pinole, CA