

Mindfulness Yoga

Connect with your inner wisdom and healing, in community.



Sliding scale \$10-25/class

REGISTER at [this link](#)
or wendy@eastbayyoga.com

At Arlington Community Church
52 Arlington Ave, Kensington, CA

10 Wednesdays
Jan 15 - Apr 2
(SKIP Feb 26 & Mar 5)

Mindful Yoga

9:30-10:30 AM

Relate with kindness to your body and mind through basic yoga poses (modified as needed), breathing practices, and relaxation in a supportive environment.



east bay yoga

About the Instructor:

Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998. Her teaching style is clear, calming, and centering. Her students describe her as “intuitive yet grounded,” “compassionate and fully engaged.”

eastbayyoga.com | 510-710-7102 | wendy@eastbayyoga.com

