

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

11 Wednesdays

Oct 2 – Jan 8

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

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

