

# Mindfulness Yoga

Connect with your inner wisdom and healing, in community.



**Wednesdays**  
**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.

*Sliding scale \$10-25/class*

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

At Arlington Community Church  
52 Arlington Ave, Kensington, CA



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.”

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