

# Mindfulness Yoga & Meditation

Connect with your inner wisdom and healing, in community.



All levels of experience welcome

**Register [at this link](#)**

Arlington Community Church  
52 Arlington Ave, Kensington

## About the Instructor:

Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998. She has a passion for living the practices and sharing valuable insights. Her teaching style is clear, calming, and centering. Her students describe her as “intuitive yet grounded,” “compassionate and fully engaged.”

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**Four Wednesdays**  
**May 1, 8, 15, & 29**  
(NO CLASSES May 22)

*Come to either or both!*

## 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.

## Meditation

11 AM-12 PM

Practice moment-to-moment awareness, deepening your capacity to respond to life with resilience, clarity, and heart. Includes a variety of guided meditations, gentle movement and discussion.



Photo: Jim Brooks