

Wellness Event – 2 Sample Classes

Mindfulness Yoga & Meditation

Connect with your inner wisdom and healing, in community.



Wed, April 17, 2024

Come to either or both:
(with more in the future if there's interest!)

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. Bring a yoga mat, 2 yoga blocks, and a blanket.

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. Chairs available, bring a cushion if you prefer.

REGISTER:

Email: wendy@eastbayyoga.com
or just show up!

Arlington Community Church
52 Arlington Ave, Kensington, CA

All levels of experience welcome
Suggested Donation \$5-10

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.”

Visit eastbayyoga.com



Photo: Jim Brooks