BENEFIT YOGA CLASS

Supporting Ian's Ride

WITH JANET MACLEOD

BY DONATION



LIVESTREAMED ON ZOOM

SUNDAY, FEBRUARY 23, 2025 10:00 AM-NOON

All asanas will be taught using the chair. Alternatives will be offered as necessary.

Before the class, Ian will give a short introduction to himself and the organization he founded.

IAN'S RIDE
• EST. 2016 •

Ian became paralyzed from the neck down in 2008 from a bicycle crash, Ian's ride began when he set off on a wheel chair journey across the state of Washington.

LEARN MORE ABOUT IAN'S RIDE AND DONATE AT WWW.IANSRIDE.COM

TO REGISTER, EMAIL INFO@JMACLEODYOGA.COM