

# Mindfulness Yoga & Meditation

Connect with your inner wisdom and healing, in community.



*Sliding scale pricing*

**REGISTER at this link**

or [wendy@eastbayyoga.com](mailto:wendy@eastbayyoga.com)

**7 Wednesdays  
July & August**  
(NO CLASS Aug 14 & 21)

*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.

### **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](http://eastbayyoga.com) | 510-710-7102



east bay yoga