



# DONATION-BASED YOGA CLASSES FOR WHEELCHAIR USERS

at The People's Yoga  
with Zsuzsanna Mangu

DATES: 02/01, 02/22, 03/01,  
03/15, 03/29, 04/12, 04/26

TIME: 6PM-7PM

3014 NE Killingsworth St,  
Portland, OR

Zsuzsanna is a passionate yoga teacher dedicated to creating a nurturing, accessible space for all bodies and abilities. After completing a 300-hour foundational yoga teacher training with Suniti Dernovsek at The People's Yoga, she is currently deepening her knowledge with an advanced 300-hour training under Sarahjoy Marsh. Her teaching is rooted in trauma-informed, neuro-biologically grounded practices, with a focus on the powerful connection between breath and body.

Click [here](#) to sign up or just come!