

GOOD WOLF YOGA

<https://goodwolfyoga.wordpress.com/>

Free or pay what you wish

Quarantine Classes on ZOOM

Tuesdays and Thursdays at 11 am – Chair Yoga Flow for EVERY BODY! Grab a chair with no arms and a strap (or belt), and work your mobility, strength, balance, flexibility, and focus with seated and standing poses.

Every Friday, at 6 PM wind down from the week with Quarantine Quiet. Grab some blankets for padding, pillows for support, and a belt for length, and roll out your mat for an hour of pranayama (breath retention) and gentle mat-based asana (yoga poses). This class is for anyone who is comfortable getting down onto the floor, sometimes onto your belly.