Midday $5 Community Yoga Class
Saturdays at Noon
February 3, 10, 17, March 3 (No class February 24)

“Community Yoga Chicago” Facebook group for updates!

Pendulum Space - 1803 W. Byron
Ring the bell for #216 to be buzzed in

- Beginners welcome! Intended to be accessible to all experience levels.
- Some mats available - please bring your own if possible.
- If you have questions about your ability to do yoga, speak with your doctor.
- Wear comfortable clothing, practice yoga with bare feet or socks.
- Please arrive on time to warm up with the group (any later than 10 minutes and we will be unable to hear buzzer with door closed to let you in!). Warming up is about safety, but participants may opt in to or opt out of any part of class. Listen to your body first, the instructions second.
- Class covers seated postures, and also include standing postures, balancing, twists, folds, etc. Verbal cues given but no hands-on assists.
- Please bring $5 cash or arrange to pay by Venmo or Zelle prior to arriving. Thank you! Email kate@shareyourpractice.org with questions.

About your instructor Kate: I am an experienced yoga instructor with a 200-hour yoga teacher training (E-RYT). In addition to traditional yoga teacher training, I have completed training in trauma-informed yoga (Street Yoga, Prison Yoga, Yoga for Sexual Violence Survivors/the Breathe Network, Yoga for Eating Disorders/Body Image Challenges). Yoga has been a powerful tool for me in terms of stress relief and self-care, and I look forward to teaching at Pendulum Space!