

## YOGA EVENTS

### SUNDAY, FEBRUARY 2

**Kundalini Yoga: Chant & Numerology** – 12:30-3:30pm. Will work with the numerological energies to connect deeply with the Naad (sacred sound current). With Hari Bhavan Kaur. Santosha Studio, 896 Davis Dr, Atlanta. To register: 404-964-4858 or Santosha-Studio.com.

### SUNDAY

**Feelfloww Yoga & Sound Healing in Nature** – 11:33am. Also Mon. 7:07pm. A great way to release any stress that you had to intake during your week. Bring own mat. Plant-based fruit snacks provided. \$7/class. Winn Park, 32 Lafayette Dr NE, Atlanta. [Tinyurl.com/y6csqjbv](http://Tinyurl.com/y6csqjbv).

**Family Yoga** – 2pm. Introduce your children to the pleasures of fitness with a weekly restorative yoga session. Designed for children 12 and under. Reiki With Love, LLC Healing Sanctuary, 420 McDonough Blvd SE, Atlanta. [Tinyurl.com/y6qcu4oj](http://Tinyurl.com/y6qcu4oj).

**Restorative Yoga** – 3-4pm. With Reiki with Love, LLC, LaShorn Love, Owner. Bring yoga mat, water bottle and any other equipment you may need. \$10 if preregister. 420 McDonough Blvd SE, Atlanta. [Tinyurl.com/yccx9jev](http://Tinyurl.com/yccx9jev).

### MONDAY

**Chair Yoga for Seniors** – 11:30am-12:30pm. A gentle form of yoga that improves mental and physical health through an amazing form of adaptive exercise. Whether standing or sitting, postures are supported by a chair. All levels welcome. Donation appreciated. Heron House, 102 Russell Rd, Mountain Park. 404-434-4030. [TheHeronHouse.org](http://TheHeronHouse.org).

**Hatha Yoga** – 6-8pm. With Raj Mehta. Gentle stretching and health education. Each week Raj presents information about different herbs. Free. Sevananda Community Room, 467 Moreland Ave NE, Atlanta. 404-681-2831. [Sevananda.coop](http://Sevananda.coop).

**Hip Hop Yoga** – 6:30-7:30pm. Led by certified yoga teacher Jaimee Ratliff. An inspiring flow for all levels, set to your favorite Hip Hop + R&B tunes. Free. The Home Depot Backyard, 1 Backyard Way, Atlanta. [JaimeeRatliff.com](http://JaimeeRatliff.com).

### TUESDAY

**Gentle Kemeti Yoga** – 10:30am. This all-level yoga class focuses on the breathe and simple stretching and toning techniques to help with relaxation and mobility. 1st class free. Decatur Recreation Center, 231 Sycamore St, Decatur. [Tinyurl.com/r6o7868](http://Tinyurl.com/r6o7868).

**Yoga for Runners and Athletes** – 6:30-7:30pm. Not held 1st Tues. With Morgan Bettini. Class gives you specific cross training that creates more strength, flexibility, mobility and mental

stamina. All levels welcome. \$6/class. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: [WithLoveAndLight.com](http://WithLoveAndLight.com).

## WEDNESDAY

**Free Yoga & Mindfulness Class** – 12-1pm. Introduction to mindfulness and how to apply it to daily life in order to live with greater freedom and happiness. Includes discussion, a gentle yoga practice and a formal mindfulness practice. 5575 New Northside Dr, Ste 100, Atlanta. [SatiYogaAtl@gmail.com](mailto:SatiYogaAtl@gmail.com). [SatiYoga.net](http://SatiYoga.net).

## FRIDAY

**The {SAMA} Class** – 9-9:45am. Also held, Sat, 10am. Community class with yoga, breathwork and meditation. {SAMA} Food for Balance, 56 E Andrews Dr, Ste 17, Atlanta. 404-500-3550. [SamaFoodForBalance.com](http://SamaFoodForBalance.com).

**Community Class** – 4:30-5:30pm. Enjoy a vinyasa flow or power class. Format determined by the teacher. Benefits Holbrook Farms Retreat for Survivors of Heros. \$5 donation. LiveURYoga, 408 S Atlanta St, Ste 157, Roswell. 770-299-1639. [LiveURYoga.com](http://LiveURYoga.com).

**Community Kirtan** – 8-10pm. Last Fri. Open mic/informal format, where you take turns in sharing songs and chants. Free; donations accepted. Form Yoga, 533 W Howard Ave, Unit C2, Decatur. Pre-register: [FormYoga.com](http://FormYoga.com).

## SATURDAY

**Sunrise Yoga Meditation** – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. [UnityNorth.org](http://UnityNorth.org).

**Free Yoga** – 8:30-10am. Yoga and pranayama (breathing) for all levels and ages. Greater Atlanta Vedic Temple, 492 Harmony Grove Rd, Lilburn. 770-381-3662. [VedicTemple.org](http://VedicTemple.org).

**West End Community Yoga** – 11am-12pm. The views from the Garden room are dreamy and set the stage for a great practice. Free. Wild Heaven West End Brewery & Gardens, 1010 White St SW, Atlanta. [Tinyurl.com/squpgru](http://Tinyurl.com/squpgru).

**Aerial Yoga: All Levels** – 1:45-2:45pm. No experience needed. Stretch, swing, invert, build strength, learn about yourself while supported or suspended in a hammock. \$19/1st-time drop-in. Truth In Motion Yoga, 9950 Jones Bridge Rd, Ste 1000, Johns Creek. 404-789-9526. [TruthInMotionYoga@gmail.com](mailto:TruthInMotionYoga@gmail.com). [TruthInMotionYoga.com](http://TruthInMotionYoga.com).