

YOGA EVENTS

SATURDAY, AUGUST 4

Medicine of the Feminine: A New Paradigm in Women's Health Care – Join Elizabeth "Mamma Bizz" Ereddia for an educational talk on a revolutionary, yet simple, approach to health and well-being. She takes a full body spectrum approach that roots from traditional healing and medicine. Marietta Center for Yoga and Well Being, 317 Alexander St, Marietta. RSVP recommended: MammaBizz@gmail.com. MariettaYoga.com.

SUNDAY, AUGUST 5

Sonic & Aquatic: A Poolside Sound & Yoga Experience – 6-8pm. Sound Therapist Margo Gomes offers an outdoor symphony of singing bowls, while Amanda Trevelino guides fluid movement into yin/restorative poses. Your extended Sonic Savanna may take place in or out of the pool. \$35. Santosha Studio, 896 Davis Dr NW, Atlanta. 404-964-4858. atrevelino@gmail.com. Santosha.as.me/SonicAquatic.

SUNDAY

Yoga at the Park – Thru Oct 28. 7-8pm. Hosted by King of Pops and yoga teacher Rachelle Knowles. Ascend to the top of the hill at the park to mingle with event attendees around 6:30pm. Then at 7pm, shift your mindset to the yoga practice, because that's when the class begins. Foundation / Old 4th Ward Skatepark, 766 Willoughby Way NE, Atlanta. [Facebook.com/events/174338579868194](https://www.facebook.com/events/174338579868194).

MONDAY

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.

Interoceptive Yoga for Transforming Trauma – 6:30-7:30pm. Build awareness of internal physical sensations while increasing our capacity to respond better to stressful situations and emotions while enhancing our sensitivity, concentration and focus. The Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. More info & to register: WithLoveAndLight.com.

TUESDAY

All Levels Yoga – 6-7:15pm. Focus on de-stressing body and mind from the challenges of the day. Each class will begin with gentle warm-ups to release tension and prepare body for vinyasa and deeper stretches. Decatur Healing Arts, 619 E College Ave, Ste B, Decatur. DecaturHealingArts.com.

WEDNESDAY

Yogive – 12-1pm. A practice style yogahour class. 100% of the proceeds from this yogahour group practice go to support Cultivate Union. All levels; suitable for the fit beginner without major injuries. Tough Love Yoga, 1530 Dekalb Ave NE, Ste D, Atlanta. CultivateUnion.co/events.

SATURDAY

Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Unity North Atlanta, 4255 Sandy Plains Rd, Marietta. 678-819-9100. UnityNorth.org.

Restorative Yoga – 11am-12:15pm. Restorative yoga is deeply relaxing. In this introspective practice, the body is gently and comfortably supported with bolsters, blankets, and blocks as you settle into stillness, calming the body and mind. Everyone welcome. Stillness Yoga and Meditation Center, 3115 Roswell Rd, Ste 103, Marietta. 770-337-9335.