

## YOGA EVENTS

### FRIDAY, OCTOBER 12

**Korsi Yoga 200-Hour Teacher Training** – Starts October 12, and then every 3rd weekend, Fri, Sat and Sun. Become certified to teach yoga. \$3,200 full program. 555 S Atlanta St, Roswell. 404-542-7458. Ahoo@KorsiYoga.com. KorsiYoga.com.

### 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.

### 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.

### 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.

### FRIDAY

**Beginning to Continuing: Flow/Yin/Restore** – 12-1:15pm. With Wanda DeVaughn. Marietta Center for Yoga and Well Being, 317 Alexander St, Marietta. More info, Kristie: 678-234-3869. MariettaYoga.com.

## **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.