

YOGA EVENTS

SUNDAY, NOVEMBER 18, 2018

Sonic Sunday: Thanksgiving Edition – 4-6pm. Vibrational sound therapist Margo Gomes offers a chorus of Himalayan singing bowls, while Amanda Trelvelino guides restorative yoga with light Thai-inspired touch. Remain afterward for poolside social time with sparkling beverages! \$25. Santosha Studio, 896 Davis Dr. NW, 30327. www.santosha-studio.com/events/

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

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. SatiYoga.net.

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 DeV Vaughn. 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.