

## YOGA EVENTS

### SUNDAY, MARCH 17

**Sonic Sunday: Soothe & Sip** – 4-6pm. Vibrational Sound therapist Margo Gomes offers a chorus of singing bowls while Amanda Trevelino guides restorative yoga with tai-inspired touch. Remain afterward for poolside social time with sparkling beverages! \$25. Santosha Studio, 896 Davis Drive Northwest, 30327. Santosha-studio.com

### SUNDAY

**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.

### 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.

### 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.

**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.