

YOGA EVENTS

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.

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.

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.

FRIDAY

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.

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.

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.

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. TruthInMotionYoga.com.