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| **April Free Class Schedule**  All classes taught via Zoom | | |
| **March-** | | |
| **Mondays –**  **4/5, 4/12, 4/19, 4/26**  **Yoga** – Ekagra Slow Flow  @ 3pm EST/2 pm CST/1 pm MST  **Meditation** -  @ 4:30 pm EST/3:30 pm CST /2:30 pm MST | **Tuesdays –**  **4/6, 4/13, 4/20, 4/27**  **Yoga** - Ekagra Signature Flow  @ 7:30pm EST/6:30pm CST/5:30pm MST | **Wednesdays –**  **4/7, 4/14, 4/21, 4/28**  **Chair Yoga**  @ 7:30pm EST/6:30pm CST/5:30pm MST |

Zoom info to join all classes–

Click here to join:

<https://us02web.zoom.us/j/85085845981?pwd=VDBwQ2JrcEozTWxXYVFLR3ErQ2ZLdz09>

Or enter this meeting ID & passcode:

Meeting ID: 850 8584 5981

Passcode: Ekagra

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| **April Special Events Schedule – by donation**  All proceeds will go towards being able to continue to teach classes for free! | | | |
| **March-** | | | |
| Sunday, April 4th @ 7:00 PM to 7:45 PM EST  **Cooking Class: with Traci & Joelle –**  I will be cooking cashew curry, an “accidentally vegan” Sri Lankan classic. Joelle will be making a fresh root vegetable salad and talk about making kombucha. | THURSDAY, April 15th  @ 7:30 PM to 8:15 PM EST  **Yoga 101 WORKSHOP: Pranayama: Calming Breathwork –** We will go over several pranayama breathing practices that are meant to soothe and balance the mind. We will also discuss the many benefits of these practices. | THURSDAY, April 22nd @ 7:30 PM to 8:15 PM EST  **Meditation 101: Metta/Lovingkindness Meditation: Increasing happiness by cultivating Compassion**  Metta/Lovingkindness meditation is a meditation style originating in Theravada Buddhism, meant to cleanse the heart and mind in order for a meditator to get deeper into their meditation practice. | THURSDAY, April 29th  @ 7:30 to 8:30 PM EST  **YOGA 101 WORKSHOP: Standing Poses – Flow Like a (Peaceful!) Warrior.** In this workshop we will focus on alignment in some of the most common poses (asana)you will encounter in a hatha-vinyasa yoga class. A detailed breakdown will be given for standing poses such as Warriors I & II, triangle, pyramid, and more! |