

Simcha Yoga

simchayoga.com
(310) 926-7404

Class Schedule and Zoom Links

Week of July 26, 2020



Sunday 11AM Level 1/2 - <https://bit.ly/32FCIro>

Tuesday 8:30AM Chair Yoga <https://bit.ly/2CwFmov>

Tuesday 10AM Ma Yoga Pre/postnatal Yoga (sign up at MaYoga.com)

Tuesday 11:30AM Basics <https://bit.ly/2ZL0DU6>

Tuesday 6:30PM Level 1/2 <https://bit.ly/39g4ITJ>

Thursday 8:30AM Chair Yoga <https://bit.ly/2CwFmov>

Thursday 11AM Ma Yoga Pre/postnatal (sign up at MaYoga.com)

Thursday 3:00PM Level 1 <https://bit.ly/2WHrPRR>

Saturday 11:AM Level 1/2 <https://bit.ly/39g58JN>

The Details:

I appreciate your support and for sending donations for classes. Suggested donation is \$20.00. If that is too steep, please remember that practicing and taking class takes precedence, so donate at your comfort level. (Zelle, Venmo, snail mail)

As you all know, props do not have to be "official". There is probably something around in your home that will be just as efficient.

Blankets: That's easy. In a pinch, a couple of folded towels also work.

Blocks: Shoeboxes or books work, try for equal size!

Bolsters: I have found the best bolsters are couch or chair cushions. Throw a pillowcase over it and you're set to go.

Straps - I love men's ties (make sure they have been retired). They are strong, easy on the skin and a good length. Bathrobe sashes work.

For the chair classes, chairs with arms make for an easier practice, chairs without arms make for more challenging practice.

Please remember that privates and semi-privates are always available upon request.

Hope to see you all in class.

Namaste,

Linda

