



QUEER TRANS+

COMMUNITY YOGA CLASS

FREE

donations accepted

Last FRIDAY of the month starting July 28th 2017

6:15-7:15pm @ High Desert Yoga

4600 Copper Ave NE

just down the block from the Transgender Resource Center

Join Avery Kalapa and other LGBTQIA folks in a relaxed, inclusive space for connection, mindfulness, empowerment, and embodiment through yoga. Come as you are, for all ages, abilities. Body positive. Trauma informed, alignment based. Healing, self care, play, community! Gender neutral bathrooms. Optional potluck to follow at TGRC.

