

March 31 - April 28, 2021

Slow Flow Yoga

Company: freeskewl

Venue: Zoom

Location: Queens, NY

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Catherine Kirk, certified yoga teacher and professional dancer, guides a Vinyasa Yoga Flow, which is a style of yoga that coordinates movement with breath to flow from one pose to the next. Catherine will lead you through a thoughtful and detailed breathe work, warm up, vinyasa flow, and restorative cool down. Classes are grounding and rooted in an alignment-based practice that is appropriate for anyone interested in cultivating sustainable pathways for mind and body. New practitioners have room to create stable foundations while more experienced yogis can refine, re-connect, and explore within their practice.

PAYMENT:

Class is \$1-35+ (no one turned away for lack of funds). If you would like to sponsor a person to take class, simply double your payment!

Venmo: @Cat_Kirk

CashApp: \$CatKirk92

PayPal: Catherine.v.kirk@gmail.com

ZOOM:

Zoom Link: zoom.us/j/3093774924

Zoom password: 640262

ACCESSIBILITY:

Closed captioning will be available through Rev Live Captioning

freeskewl Community Agreement:

Be respectful to your fellow participants and instructors. No one will be turned away from freeskewl for lack of funds. However, you are expected to compensate teaching artists as you are able. Harassment and discrimination of any kind will not be tolerated in this virtual studio. freeskewl is firmly in support of the Black Lives Matter movement. We care about the safety of our community and this includes people who are disabled, immigrants, refugees, POC, queer, trans, young, elderly, Muslim, and Jewish.

www.freeskewl.com

freeskewl

Zoom

Queens, NY, 11101

Schedule

March 31, 2021: 8:30am

April 7, 2021: 8:30am

April 14, 2021: 8:30am

April 21, 2021: 8:30am

April 28, 2021: 8:30am

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