

April, 6-27, 2021

Yoga: ~Rise & Reconnect~

Company: freeskewl  
 Venue: zoom  
 Location: Queens, NY

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Yoga: ~Rise & Reconnect~ with Ariana Speight

We will take the time to connect with our bodies through breath and movement together in this vinyasa flow class. This class is meant for us to get what we need and to be gentle with our bodies as we start the day. All levels are welcome, come as you are. Have a mat/space to move in and water for this 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: @arianaspeight  
 Paypal: arianaspeight@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](http://www.freeskewl.com)

freeskewl  
 Zoom  
 Queens, NY, 11101  
<http://www.freeskewl.com>

Schedule  
 April 6, 2021: 9:00am  
 April 13, 2021: 9:00am  
 April 20, 2021: 9:00am  
 April 27, 2021: 9:00am

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