



PRESENTS:

YOGA

VIRTUAL PROGRAMMING

Who: Open to individuals of all ages who are blind or visually impaired. Individuals under 18 are encouraged to join the event with an adult.

Where: Virtual via Zoom

When: Wednesdays in December from 7:00 am to 8:00 am
December 2, 8, 16, 23, January 6
Thursdays in December from 5:30 pm to 6:30 pm
December 3, 9, 17, January 7
Saturdays in December from 11:30 am to 12:30 pm
December 5, 12, 19, January 9

All times are Pacific Standard Time

Registration is due 2 days in advance of the virtual program.

To register, please call or email

Megan Ahleman

360-768-5649

mahleman@nwaba.org

<https://nwaba.org>