



PRESENTS:

YOGA WITH ALICE

VIRTUAL PROGRAMMING

Who: Open to individuals of all ages who are blind or visually impaired.

What: An hour-long yoga session with Alice Klein from Blind and Low Vision Yoga in Seattle.

Where: Virtual via Zoom

When: Thursdays in February & March 2021
February 4, 11, 18, 25
March 4, 11, 18, 25

Time: 12:00 pm to 1:00 pm Pacific Time

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

To register, please call or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

<https://nwaba.org/virtualevents/>