

Learn Spanish by immersing yourself in Yoga in Spanglish (Spanish and English)! Get to know the Body Parts and Common Pose Terms in Español whether practicando your Spanish or learning it for the first time!

**Saturday, May 22, 2021**

**10:00-11:00am**

**\*\*Class is online via Zoom Platform.\*\***

## Donation-Based Yoga Class: Yoga in Spanglish



Tadasana

Mountain Pose

Postura de la Montaña

Class Materiales: Yoga mat or towel and tu water bottle. (Opcional: Chair for balance, as a sitting option, and/or almohada to support the head for poses on the floor.)

*Part of the proceeds will go to a special individual—Luz—a domestic abuse survivor who is rebuilding her life. (Her name has been changed for safety reasons.)*

Visit [www.dyogi.net](http://www.dyogi.net) for more details and to learn how to register.