



# Upcoming Community Events & Classes



**Thursdays, February 19**

**March 5, 19**

**8:00 AM – 9:00 AM**

**New class at the Square! Thursday Morning Qigong**

A new offering at the Square every 2 weeks, these classes offer gentle, mindful movement suitable for all levels – including beginners – with an emphasis on listening to the body and adapting practices to support individual needs. Qigong is an ancient Chinese practice that harmonizes movement, breath and meditation to cultivate & balance life energy, known as “qi”.



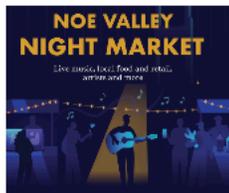
**Sundays, February 22**

**March 1, 8, 15, 22, 29**

**11:00 AM – noon**

**Free Sunday Morning Yoga**

Community Yoga Class with Yoga Flow SF! Join us for an all levels flow class, suitable for beginner to advanced practitioners to align body, mind and spirit. Please bring a mat and water bottle.



**Tuesdays, February 24 & March 31**

**5:00 PM – 8:00 PM**

**Noe Valley Night Market**

Join us for an evening of live music, food and drink specials as well as many other offerings from our stellar Noe Valley merchants. Free and open to all! Learn more at [www.noemerchants.com](http://www.noemerchants.com).



**Sunday, March 8**

**1:00 PM - 3:00 PM**

**Community Music Hangout**

Join in for this musical and social gathering. Everyone is invited to come hang out at the Hangout. Players and singers of all levels are encouraged to participate. Bring an instrument, bring a picnic. Let's hang out!



**Saturday, March 14**

**7:00 PM - 8:30 PM**

**Noe Valley Silent Disco**

Get ready to “Shake Your Groove Thing” as the Noe Valley Town Square transforms into a neon-lit oasis for our Community Silent Disco! We're honoring the era of glitz and bell-bottoms with stellar prizes from local shops for the most “Dyn-o-mite” outfit and the ultimate disco trivia master. It's time to stay alive on the dance floor—grab your headphones and let's turn the neighborhood into a boogie wonderland!



**Saturday March 21, 4:00 PM – 5:00 PM**

**Rhythm & Motion Dance Workout**

Rhythm & Motion's high-energy dance workout program cultivates a welcoming, accepting atmosphere that promotes health & well-being for all people regardless of age, ability or background.



**Noe Valley Farmers Market**

**Saturdays 8 AM – 1 PM**

Enjoy local produce, delicious foods and live music!

**We welcome your feedback!**



**Join our mailing list for event updates.**



Events take place weather permitting. Free and open to the public. 24th Street between Sanchez & Vicksburg  
[www.noevalleytownsquare.com](http://www.noevalleytownsquare.com) Questions? Please email [info@noevalleytownsquare.com](mailto:info@noevalleytownsquare.com)

