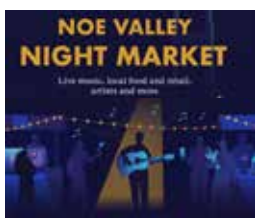




YOGA FLOW



NOE VALLEY FARMERS MARKET

Sundays, January 11, 18, 25

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.

Sunday, January 11

1:00 – 3:00 PM

Sunday Music in the Square: Triopatra

Triopatra is a groovy trio from San Francisco featuring singer Rachel Marie, the versatile Tom Kenny on guitar, and bassist John Bartlett. Triopatra brings a fresh perspective to classic soul, R&B and pop standards in a more intimate acoustic setting. Feel free to bring a picnic!

Thursday, January 22

8:00 AM – 9:00 AM

New class at the Square! Thursday Morning Qigong

A new offering at the Square, 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 and balance life energy, known as "qi" to promote physical health, mental clarity and spiritual growth.

Sunday, January 25 • Sunday Music in the Square

1:00 PM – 2:00 PM The Out of Town Couple

Roger Brown (vocals/guitar) and Leslie Thorne (upright bass/vocals) play an eclectic mix of swing, blues and originals at venues in the East Bay and beyond, hence the band name "The Out Of Town Couple." Emphasizing danceable rhythms and vocal harmonies in songs that tell stories both old and new.

2:00 PM – 3:00 PM Jeanie and Chuck Poling

This duo performs a mixture of folk, rock, country, bluegrass, and more, featuring Jeanie's rich, powerful voice accompanying herself on guitar while Chuck backs her on vocals and mandolin. They specialize in finding great songs and adapting them to their own style, connecting to audiences with old songs that sound completely new.

Tuesday January 27

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.

Saturday, January 31

5:00 PM – 7:00 PM

Swinging in the Square!

5:00 pm: swing dance lesson for beginners; 5:45 - 7:00 pm: DJ'd social dance Swing is back in the Square! Join Two Dogs Barking Inc. for a night that starts with a beginner swing lesson and turns into a joyful dance party. Swing stars David and Charlie Stellar will get you moving, and our DJ will keep the floor hopping. Newbies and pros welcome!

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 Questions? Please email info@noevalleytownsquare.com

