



June 2024 Community Events & Classes



YOGA FLOW SF



NOE VALLEY FARMERS MARKET

Sundays June 2, 16 & 30

Free Sunday Morning Yoga 11:00 AM – Noon

Community yoga class. Folk features a Vinyasa Flow unique to each instructor for new and experienced students alike. Please bring your own mat and water bottle.

Sundays June 9 & 23

Free Sunday Morning Yoga 11:00 AM – Noon

Join us for a Free 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 June 9, 1:00 pm - 3:00pm

Acoustic Sunday: Multi-Celli

This local group of violoncello players, the "Multi-Celli", will perform a wild array of music from Bach to Beatles, from Mendelssohn to My Fair Lady. They will surprise you with a variety of settings and arrangements, solo cello, cello duets, trios, or quartets onto arrangements with string trio and other instruments. Feel free to bring a picnic!

Saturday June 15, 4:00 – 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.

Saturday June 16, 1:00 – 3:00 PM

Acoustic Sunday: Hyesoo and Hyeyun Chae

Hyesoo and Hyeyun are sisters who have been playing violin since they were young kids. While they have not pursued their professional careers in music, they have always held violin close to their hearts and continued playing. Please enjoy their moving duets! Feel free to bring a picnic!

Noe Valley Farmers Market

Saturdays 8 AM – 1 PM

Enjoy local produce, delicious foods and live music!

