

My DSP & Me



Ages 10 & up!

A welcoming accessible yoga class where all bodies and abilities can move comfortably, with chair options available. \$5 per pair of attendees. Register on Eventbrite. Sponsorships available through Advocate Access NW.



Yoga Younion

Move into stillness

Instructed by April
with a Non-Hierarchical Approach

Bring a mat if you have one;
mats available for those who
do not

Wear comfortable clothing
with slip off shoes

Last Thursday of each month - 5 PM - 5:45 PM

1805 St. Helens Street, St. Helens, OR 97051

REGISTER NOW



Sign-Ups on Eventbrite! Waiver Required

