

# Yoga & Meditation Recommendations

Stay healthy. Stay home. Stay sane. Do yoga.

During these times of COVID19 shelter-in-place, there are many classes, teachers and online options to choose from. If you have not yet found something that works for you, I have put together some options that I recommend. Each teacher is practicing independently and has a suggested donation to support their teaching. The links should work. If they don't, please let me know and I will put you in touch.

Weekday	A.M.	Mid Day	P.M.
<b>M</b>	<b>Kids Yoga - 10-1:30</b> Jackie Gadd, E-RYT More info: <a href="#">click here</a> Contact: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Chair Yoga - 11-11:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	
<b>T</b>	<b>Accessible Yoga: For physical disabilities 10-10:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Chair Yoga - 11-11:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>iREST online Sangha</b> 4-5 PM <a href="#">Click Here</a>  <b>Hatha Yoga – All Levels</b> 5 -6:15 PM Anne Joseph, E-RYT Contact/Register: <a href="mailto:sandiegopalms@yahoo.com">sandiegopalms@yahoo.com</a>
<b>W</b>	<b>Kids Yoga – 10-10:30</b> Jackie Gadd, E-RYT More info: <a href="#">Click Here</a> Contact: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Chair Yoga - 11-11:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Movement &amp; Meditation – All levels - 5:30-6:45 PM</b> Sita Michelle Baker, C-IAYT Contact/Register: <a href="mailto:Gotbliss108@gmail.com">Gotbliss108@gmail.com</a>
<b>Th</b>	<b>Accessible Yoga: For physical disabilities 10-10:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Chair Yoga - 11-11:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>iREST online Sangha</b> 4-5 PM <a href="#">Click Here</a>
<b>F</b>	<b>Kids Yoga - 10-10:30</b> Jackie Gadd, E-RYT More info: <a href="#">Click here</a> Contact: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Chair Yoga - 11-11:45</b> Jackie Gadd, E-RYT Contact/Register: <a href="mailto:byomyoga@gmail.com">byomyoga@gmail.com</a>	<b>Support Sangha 4 – 5 PM</b> Gretchen Mallios
<b>S</b>			<b>AM Yoga</b> 9-9:45 AM Sita Michelle Baker, C-IAYT Contact/Register: <a href="mailto:Gotbliss108@gmail.com">Gotbliss108@gmail.com</a>  <b>Hatha Yoga All Levels</b> 10-11:15 AM Anne Joseph, E-RYT Contact: <a href="mailto:Sandiegopalms@yahoo.com">Sandiegopalms@yahoo.com</a>

**Any**

Yoga for Stress & Anxiety Relief. Ghada Osman, E-RYT500

<http://www.ghadaosman.com/upcoming-classseries-yoga-for-stress-anxiety>