



Summer 2026 Dates*

Thursdays 4:30 - 5:30pm

July 9, 16

August 13, 20, 27

Fall 2026 Dates*

September - December 2026

1st and 3rd Thursday of the month

4:30 - 5:30pm

*Check website for any schedule updates and waiver
facebook.com/kinshiprituals

Minfulness focused Yoga (gentle flow)

Youth through adults

Guided by Julia Seebach

This is a community yoga class free of charge.

Optional sliding-scale donations may be made to the Episcopal Church of St. Martin. Please enter "Yoga/environmental action programs" in the notes section.

Location:

640 Hawthorn Ln, Davis, Room 6/7



**Donation Link
(optional)**

