

Reconnect. Recenter. Reclaim Your Peace.

Join us for a transformative yoga experience designed to nourish your body, calm your mind, and restore your spirit.

Whether you're a beginner or deep in your practice — this is your space to breathe, stretch, and just be.



TOSI ADENIYI-MILLER
YOGA INSTRUCTOR

FREE YOGA CLASS SCHEDULE



IN-PERSON AND VIRTUAL OPTIONS AVAILABLE

TWICE MONTHLY FROM MAY THROUGH OCTOBER | 12 CLASSES TOTAL

MAY 6TH | 20TH
JUNE 10TH | 24TH
JULY 15TH | 29TH
AUGUST 5TH | 19TH
SEPTEMBER 9TH | 23RD
OCTOBER 7TH | 21ST
6:30-7:30PM



CENTER FOR BLACK WOMEN'S WELLNESS 477 WINDSOR STREET SW SUITE 305 ATLANTA, GA 30312 SCAN TO REGISTER AND RECEIVE VIRTUAL LINK:



OR VISIT CBWW.ORG/EVENTS