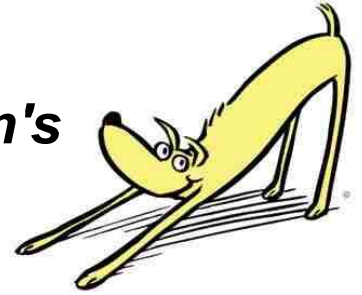


Schedule for
Mindful Movement: You, Yoga, and Parkinson's
Fridays from 11:00 am-12:15 pm
Online via Zoom (contact instructors for details)



6/4/21 Aileen Kim	6/11/21 Aileen Kim	6/18/21 Aileen Kim	6/25/21 Aileen Kim	
7/2/21 Aileen Kim	7/9/21 Pamela Perry	7/16/21 Pamela Perry	7/23/21 Aileen Kim	7/30/21 Aileen Kim
8/6/21 Aileen Kim	8/13/21 Pamela Perry	8/20/21 Aileen Kim	8/27/21 Pamela Perry	
9/3/21 Aileen Kim	9/10/21 Pamela Perry	9/17/21 Aileen Kim	9/24/21 Pamela Perry	

For inquiries, contact Aileen at 510/406-1320 or mindfulmotionnow@gmail.com or
 Pamela at 510/658-3699 or pamela@gatewaytograce.net

as of 6/20/21