

Mindful Movement **Outdoors**

Thursdays 8:00am-8:45am Indian Valley, Novato

Join us for a socially-distanced class on the grass, surrounded by the beautiful hills of Novato. Please [email me](#) to get more info and sign up! \$10 suggested donation per class. All contributions welcome. *Optional props for this class: yoga strap, looped elastic band and elastic strap.