

Community Mindful Movement

Fridays 12:15-1:00pm PST via Zoom

Click on the [Zoom Link](#) to access the class or use **Meeting ID: 176 327 365 Password: 031980**

***If you would like to make a donation for Community Mindful Movement, please do so via [Venmo](#). You can find me listed as Naya Calmels or @ncalmels. Donations of any amount are greatly appreciated. Thank you!**

A mixed-level class designed to accommodate different fitness needs that will stretch and strengthen the whole body. I present variations to exercises, in order to simplify or add challenge to your practice. I offer this class to the public for free. Donations are gratefully accepted from those who are able to contribute. [Mindful Movement members](#) get access to a curated library of videos from these sessions. This is a great way to both continue supporting your practice and this class.

***Optional props:** Standard props (if you have them): yoga blocks, yoga strap, inflatable ball, looped elastic band, elastic strap, light weights (less than 10 lbs.) -OR- Household props: 1 bed pillow, weighted containers to use as weights, a strap-like object (belt, bungee cord, etc.), a book or other object that is as wide as your shoulders. Get creative with your props and use your imagination!