



BRISBANE PARKS AND RECREATION PRESENTS...

THE COLLECTIVE CAMP

MYA Yoga



Motivate Your Ankh Yoga

Inspired by Yoga to the People.
Heart opening, soulful, upbeat and affordable!
Vinyasa flow, 1 breath /1 movement, hips to heels,
breath to beats, and of course, collective vibrational
breaths keeps you engaged,
challenged but also, allowing you to honor your body
and sometimes sitting with your truth. We often shake
our heads yes and no. We keep breathing... We let
wanted and unwanted moments pass as we reset,
flow and welcome our next pose.



WEDNESDAY @ 6AM

THURSDAY @ 7:45PM

VINYASA FLOW

60 MIN

ONGOING

MEN & WOMEN

18 YEARS+

BRISBANE
COMMUNITY CENTER

\$25 MONTHLY PASS

\$10 DROP IN

SIGN UP TODAY!

415-508-2140

WWW.BRISBANECA.ORG