

#yogaforall

You don't need to be flexible, skinny, or
vegan. You don't need to wear certain
clothing or have a mat. Please respect and
honor yourself in your holistic approach
toward wellness. Amplify, modify, and use
props. Have fun, laugh, fart, cry, be silly, and
when you fall get right back up. Let's build
this space and community together.

what's a "yogi"?

namaste

name:

pronouns:

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