

IYAMW Fall Fest

Week One

OCT 11-17, 2020

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SUN, OCT 11, 10-11:30 AM CENTRAL TIME (11 EDT)

Symmetrical Seated Poses: Effects on Apana Vaya

w/ Kathleen Wright of [Garden of Yoga](#)

Proceeds from this class go to the [Greater Chicago Food Depository](#)

WED, OCT 14, 5:30-7 PM CENTRAL TIME (6:30 EDT)

Cut on the Bias: Exploring the Side-Body Through Parsva & Parivrtta

w/ Bob Whittinghill

Proceeds from this class go to the [Poor People's Campaign](#)

FRI, OCT 16, 1-2:30 PM CENTRAL TIME (2 EDT)

Poses and Poetry

w/ Jan Barrett of [Redbud Yoga](#)

Proceeds from this class go to [Quincy Teen REACH](#)

SAT, OCT 17, 8-10:00 AM CENTRAL TIME (9 EDT)

Standing Poses for Respiratory Health

w/ Hong Gwi-Seok of [Iyengar Yoga Detroit Collective](#)

Proceeds from this class go to [Detroit Friendship House](#)