

BENEFIT YOGA CLASS

Supporting Ian's Ride

WITH JANET MACLEOD

BY DONATION

LIVESTREAMED ON ZOOM

SUNDAY, FEBRUARY 26, 10 A.M. - NOON

This class will cover all categories of Asana and be suitable for students of all levels.

Alternatives will be offered as necessary.

Before the class, Ian will give a short introduction to himself and the organization which he founded.

Ian became paralyzed from the neck down in 2008 from a bicycle crash. Ian's Ride began when he set off on a wheelchair journey across the state of Washington.

LEARN MORE ABOUT IAN'S RIDE AND DONATE AT WWW.IANSRIDE.COM

TO REGISTER, EMAIL INFO@JMACLEODYOGA.COM

