



**H.O.N.E.Y.**  
Honoring Our New Ethnic Youth

# BEGINNER YOGA CLASS

for adults & Teens



Discover inner peace, balance, and renewal. Join us for a beginner yoga series led by Lela Sky Healing. This offering is designed for multiracial and ethnically diverse adults and teens, as well as non-ethnic parents and caregivers of mixed-race and ethnically diverse youth.

The class is great for anyone looking to deepen their practice, reconnect with their body, and cultivate mindfulness, healing, and overall wellness.

**REGISTER  
TODAY**



**NO COST  
TO ATTEND**

<https://forms.gle/dnMdrcSJ5FUuvrwt8>