



THE CHURCH



PETER & PAUL

J A N U A R Y 2 0 1 9



EVERY MONDAY & WEDNESDAY

Pilates ~ 10am

With Julie Schexnayder.

All ages and skill levels are welcome.

Mats provided, donation-based.

TUESDAYS & THURSDAYS at 12PM

SUNDAYS at 6PM

Felice Flow

A free, funky, and focused Vinyasa flow yoga class with Felice Graham. Mats provided, donation-based.

EVERY SATURDAY & SUNDAY

Holy Yoga ~ 9am

With Tyler St. Jean (Saturday) and Jill Tatarski (Sunday). Mats provided, donation-based.

MONDAY, JANUARY 21st

Planet M

10am - 12pm

Hosted by Ryuta Iwashita, Planet M is an open, ritualistic jam where musicians and movers gather and collaborate in a meditative manner via three awareness practices: meditating, tuning, and merging to explore our improvisational creation on a ground of safety. Please bring comfortable clothes you can meditate and move in, water and your planetary soul. \$5 - \$15 suggested donation.

SATURDAY, JANUARY 27th

Femme Contact Jam

11am - 1pm

Hosted by Lauren Hind and Natalie Cohen, a jam for self-identifying femmes to participate in and explore dance within the container of a shared identity. Contact Improvisation is a movement form where movers communicate and interact in relation to each other, with and without physical touch. No experience necessary, come as you are. \$5 suggested donation.

