

Dear Friends,

Healthy, appropriate exercise and relaxation practices are essential for enhancing immune system functioning, reducing stress, and supporting wellness.

At this time of the Covid-19 global pandemic when so many of us are constrained to stay at home. limit face-to-face social interactions, and experience other restrictions, the need for stress-relieving exercise becomes even more salient.

To address this need, I am now offering live-streaming, gentle HeartMind Movement (incorporating yoga, *qigong*, *taiji*) and Meditation Classes online and intend to increase the number of my offerings soon. If appropriate for you or anyone you know, please consider registering and/or forwarding this message to your contacts.

Both the Ojas Yoga Center and Square One Yoga Collective, where I regularly teach, are now offering through the Zoom app online classes, including some of my classes

Here is my online class schedule this week:

**Ojas Yoga Center** -- To register go to <https://schedulebliss.com/ojasyogacenter>

Monday, 11:30 AM - 12:30 PM, Gentle, Adaptive,  
Chair-Based Movement Exercises

Friday, 12 noon to 1:15 PM, Gentle HeartMind Yoga  
and Movement

**Square One Yoga** — To register go to  
<https://www.squareoneyoga.com/>

Thursday, 9:30 AM to 10:45 AM, Yoga for Healthy  
Aging

Next week's schedule may be the same or may vary. I  
will keep you updated. The links above will take you  
to the weekly schedule as it develops from each  
studio.

In addition, I will be offering my own classes through  
Zoom and will send notification when available.

May all beings be happy, safe, and at their ease,  
Mitch

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"Ring the bells that still can ring

Forget your perfect offering

There is a crack, a crack in everything

That's how the light gets in." (Leonard Cohen,

1934-2016, from his song Anthem)

ॐ Ahimsa paramo dharma. ॐ

If you do not wish to receive further

announcements about upcoming classes, kindly let

me know.





