



averykalapa.com



YOGA FOR
PEOPLE OF COLOR
FOR HEALING
& EMPOWERMENT



FREE Donations collected for the Transgender Resource Center

1st MONDAY of the month

(6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3)

6:00-7:30pm @ The Remedy Day Spa

113 Vassar Dr SE ABQ NM 87106

Monthly yoga classes that honor, value and celebrate the intelligence + perspective + love + experience of queerness. We are an inclusive Queer & Trans community, co-creating a healing space for mind/body connection, affirmation, and mutual support, through intentional movement, yoga, and play.

Body positive. Community led. Rooted in social justice and anti-racism, anti-isolation.

Serving self-identified LGB, queer, transsexual, transgender, and gender nonconforming people. Trauma informed, adaptive, lineage based. Intergenerational. Come as you are.

Snacks to follow, feel free to bring some to share.

Bring mat/props if you have them. Beginners welcome!

In partnership with NM Yoga for POC for Healing and Empowerment