

Glide Yoga
 Saturdays 9:30-11am
 125 Mason St./Community Rm. – San Francisco, CA 94102
Join Us for - Yoga of Devotion with Angela
 Mats Provided - Class is FREE



2009 Schedule (posted quarterly):

DATE	STATUS	NOTES
7/4	NO CLASS	Happy 4 th of July!
7/11	On Schedule	Hips
7/18	On Schedule	Hips
7/25	On Schedule	Shoulders
8/1	On Schedule	Shoulders
8/8	On Schedule	Balance
8/15	TBD	
8/22	On Schedule	Backbends
8/29	On Schedule	Backbends
9/5	On Schedule	Core
9/12	NO CLASS	Big Fundraiser on 9/11
9/19	On Schedule	Core
9/26	TBD	

*Glide offers employment opportunities, Talk Groups, Hot Meals, Acupuncture Clinics and more. With over 50 programs from hot meals to training for high tech jobs, Glide is committed to helping and empowering the whole person. 415.674.6000