

# Yoga

## SATURDAYS

### INSTRUCTOR

Dallas

### OUR CLASSES

We are a very welcoming, friendly, fluid group with a strong core of regulars. Classes are most often vinyasa/flow-based with the occasional yin or workshop class. You are always welcome to adapt and do whatever serves your body and heart best - we don't need to practice alike to practice together.

**No yoga experience is needed!** If it's your first time doing yoga, let Dallas know and they'll be happy to get you up to speed before we start class. Classes are meant to be approachable and both identity and body-affirming. Dallas practices a responsive teaching method, which means that she teaches to the needs of the people in the space to the best of her ability. They strive for inclusive, affirming language, offering options for poses and level of participation, and physical spaces that support ease of access and dignity for all.

**We practice affirmative consent.** We often use clothespins which can be pinned to the front of each person's yoga mat to indicate an openness to hands-on adjustments, and Dallas always gets consent before touching.

### QUESTIONS?

Contact us via phone or e-mail.

612-341-2060 • [info@rainbowhealth.org](mailto:info@rainbowhealth.org)

# RAINBOW HEALTH

[rainbowhealth.org](http://rainbowhealth.org)

### TIME & LOCATION



SATURDAYS  
9:30 — 10:30 a.m.



3100 Park Avenue  
Minneapolis, MN 55407



### FREE

Donations are welcome.



### OPEN TO ALL LEVELS

No yoga experience is needed!



### PARKING LOT

On-site parking lot to the west,  
on 31st Street.



### ACCESSIBLE ENTRANCE

From Park Avenue along the  
north side of the building.



### BOYM

Bring your own mat, please.

IN PARTNERSHIP WITH



**ALL GOD'S CHILDREN**  
Metropolitan Community Church