Community Yoga Program

Join us in an inclusive community gentle yoga class, focused on breathing, grounding, and healing movement.

**WHAT:** Cultivate mental relaxation, physical healing, and a playful spirit in a supportive community environment.

**WHEN:** First Friday each month starting January 4, 2019 from 12:00-1:15 pm.

**WHERE:** The generously donated space of The Center SF, 548 Fillmore Street.

**TEACHER:** Hien Tran, over a decade of experience with yoga instruction, Traditional Chinese Medicine, Integrated Bodywork/Massage Therapy, Energy Healing.

Props provided. No previous yoga experience necessary. All community members welcome.

Classes are free of charge, paid for by our community sponsor: Genesis Development, 400 Divisadero developer.

Art on Site SF, creating community connection through public art in the Heart of the City, across Alamo Square, Divisadero, Fillmore, Hayes Valley, Lower Haight and NoPa. Please consider donating to ArtTrailSF through SF Beautiful at www.sfbeautiful.org.

Follow [@ArtOnSiteSF](https://instagram.com/artonsitesf) on Instagram

Contact [gather@thecentersf.com](mailto:gather@thecentersf.com) or 415-923-8180 with questions or suggestions.
CURRENT ANCHORS:

1. **Divisadero**: DMA art walks, art bars/cafes/showings
2. **Lower Haight**: LoHaMNA art walks, Haight Street Art Center
3. **Hayes Valley**: Hayes Valley Art Works, Patricia’s Green
4. **Alamo Square**: Painted Gentlemen Site
5. **Fillmore**: The Center SF, Fillmore Heritage Center, The African American Art and Cultural Complex

POSSIBLE FUTURE INSTALLATIONS:

1. **Divisadero**: DMA merchants, 400 Divisadero, The Panhandle
2. **Lower Haight**: Page Street Community Garden, Page and Laguna Mini Park, Koshland Community Park
3. **Hayes Valley**: Hayes Valley Playground, Side yards along Octavia Street
4. **Alamo Square**: Alamo Square Park – retaining wall and green space

First Planned Installation - Painted Gentlemen Site