

# COMMUNITY RESOURCES - YOGA & MEDITATION

Yoga 4 Change fosters holistic wellbeing, resilience, and transformation for individuals and communities through evidence-based trauma-informed curricula.

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## NORTH FLORIDA

**3rd Sunday of the Month 10:00am-11:00am in Jacksonville, FL**

\$10 donation/\$5 for MOCA members Galleries at MOCA 333 North Laura Street 32202

**1st Tuesday of the month 5:00pm-6:00pm in Palatka, FL**

Recovery Point at Life Church 2701 Reid Street 32177

**Tuesdays 6:00pm-7:00pm in Jacksonville, FL**

Yoga at the Daily's Flex Field 1 Daily Place 32202

**3rd Thursday of the Month 6:00pm-7:00pm in Jacksonville Beach, FL**

Donation-based. Nova Dance and Wellness 318 7th Avenue N 32250

**Thursdays 6:00pm-7:00pm in Jacksonville, FL**

Yoga at Tillie K. Fowler Regional Park 7000 Roosevelt Blvd 32244

## SOUTH FLORIDA

**Saturdays 10:00am-11:00am in Hollywood, FL**

South Florida Wellness Network South - 6969 Taft Street 33024

## VIRTUAL

**1st Monday of the Month 12pm & 3rd Monday 5:30pm**

<https://us06web.zoom.us/join/register/tZ0ldiqqDsoG9VrPPpGLQAQLiTUWBkTalO4#/registration>

\*in-person options available in Jacksonville - see y4c.org for details

**Yoga 4 Change YouTube Channel**

Variety of yoga classes, meditations, and breathing techniques

<https://www.youtube.com/channel/UCZpwrT1k2hEuHwZwqmh7t2g>

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**All classes are free of cost and mat-based unless otherwise noted.**

**Visit [y4c.org](https://y4c.org) for more information.**