

Be real. Be Kind. Be you. Be yoga.

Love Bird Yoga offers kindness and care to all and every.

Love Bird Yoga opened January 5th, 2020. Nine weeks later we closed, yet we didn't close at all. We continued to be open hearted and open minded. While the world "shut down", we stepped in. We stepped into a changing world and stepped into service. We are a healing space - offering yoga classes, yoga therapy, massage, breathwork, and Reiki. Above all, we are a community - each person an integral part of the whole.

Our teaching team (the flock) comes from a variety of backgrounds and brings forth restorative yoga, mellow flow, yin, and vinyasa. We focus on the 8 Limbed path of yoga - from kindness (ahimsa - the first practice of yoga) to connection (samadhi - recognizing you are part of and connected to something beyond yourself). In addition to group classes, we offer continuing education opportunities through one-on-one sessions, workshops, training, and retreats. Together we fly is our community fund created to make yoga accessible to all and everyone.

For every \$10 donated, we are able to provide a yoga class to someone for whom finances are a roadblock.

Thus far, we have offered over 65 classes to people who might not have had the experience of yoga without the power of community.

You are welcome here exactly as you are.

Whether you are beginning, beginning again, you're encouraged to start where you are, and to start here with us.



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