



Affirmative Flow:

a yoga class for queer folx

An open invitation to all folks who identify in the 2SLGBTQIA+ community: a safe space to explore mindful movement, meditation, and breathwork.

cultivate calm, honor the body in self-expression, and improve mindful body connection

This 60 minute donation-based, class offers a great opportunity to explore movement, celebrate who you are, and connect with the local queer community. Donations go to local LGBTQIA+ serving non-profits.

Every Wednesday 10:45 am

Starts January 21, 2026

Jayna (she/they) is a trauma-informed movement instructor and Clinical Social Worker, bringing care, consent, and compassion into every class.

Roots Physical Therapy + Yoga
1 Richmond Sq, Suite 154E
Providence, RI 02906

**Donation based
(\$10 suggested)**

No one turned away
due to lack of funds



Must pre-register!

rootsspecialtieservices.com
401.535.6500 (call/text)