



# 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**

With  
Jayna  
(she/they)

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!**

[rootsspecialtyservices.com](https://rootsspecialtyservices.com)  
401.535.6500 (call/text)

