

**Free Yoga Sacramento: Sacramento Free or Donation Based Yoga & Meditation - Please confirm all days and times on websites or by phone before arriving.**

**Last Updated: 9/2/19 For the most up-to-date list visit: [www.freeyogasacramento.com](http://www.freeyogasacramento.com)**

Yoga Studio or Location	Type of Class	Address	Phone or Email	Time/Date	Description/Notes	Website
<b>SPECIAL EVENTS</b>						
<a href="#">Sacramento Free Day of Yoga</a>	Yoga	Many yoga studios in the greater Sacramento area.	info@sacramentofreedayofyoga.com	Monday, September 2, 2019, All Day	Free classes are scheduled throughout the day across the greater Sacramento region. Held on Labor Day each year. Class schedule posted on the website in August.	<a href="http://www.sacramentofreedayofyoga.com">www.sacramentofreedayofyoga.com</a>
<b>MONDAY</b>						
<a href="#">Zuda Yoga - Midtown</a>	Meditation	1515 19th Street, Sacramento, CA, 95811	916-441-1267	5:30 am - 6 am	Start your morning practice with good intentions. This is a free meditation class offered prior to our 6 am class.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Servasana at Sacramento VA Medical Center: Center Auditorium</a>	Veteran's Yoga	10535 Hospital Way, Mather, CA 95655	916-843-2829	5 pm - 6 pm	Free classes for veterans and VA Center staff in the Sacramento VA. Class held weekly.	<a href="http://www.facebook.com/Servasana/info/?tab=page_info">www.facebook.com/Servasana/info/?tab=page_info</a>
<a href="#">Yoga Moves Us - Yoga In the Park/Yoga at Colonial Heights Library</a>	Yoga	4799 Stockton Blvd. Sacramento, CA 95820	Info@YogaMovesUs.org	6 pm - 7 pm	Free indoor community yoga classes for all ages. 60 minute vinyasa style all level yoga. Bring a mat and a water bottle. Some loaner mats available for those without a yoga mat. Class held weekly.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Sol Collective</a>	Yoga	2574 21st Street, Sacramento, CA 95818	roysjoyce@gmail.com	6 pm - 7 pm	Mellow Monday Yoga. Free/donation based community yoga. An invigorating yet relaxing class that teaches students to link breath with movement. Class held weekly.	<a href="http://www.facebook.com/mellowmondayyoga">www.facebook.com/mellowmondayyoga</a>
<a href="#">Laughing my Angst Off at Meridian Veterinary Care</a>	Laughter Yoga	9712 Fair Oaks Blvd. Suite B, Fair Oaks, CA 95628	LMAOwithLinda@att.net	6:45 pm - 8 pm, 2nd and 4th Mondays	Laughter Yoga group. It's a free class. Kids (school age) are welcome to attend with an adult. Enter the office complex driveway on New York Ave. and Suite B will be directly in front. Optional suggested donation of \$5.	<a href="http://www.meetup.com/Rancho-Cordova-Laughter-Yoga-Meetup/">www.meetup.com/Rancho-Cordova-Laughter-Yoga-Meetup/</a>
<a href="#">Laughing my Angst Off at Upcycle Pop</a>	Laughter Yoga	7300 Folsom Blvd. Sacramento, CA 95826	LMAOwithLinda@att.net	7pm - 8:15 pm, 1st and 3rd Mondays	Treat yourself to a joyful, stress-reducing hour to pamper your right brain in an eco art gallery setting. Our Laughter Yoga Class combines deep yogic breathing with spontaneous laughter exercises, clapping, chanting, mime and music. All ages and levels of fitness are welcome. No yoga floor poses required. Mats are optional for our ending meditation. Wear comfy clothing and a smile! Bring friends and an eco-friendly water bottle. Suggested donation \$5-\$10.	<a href="http://www.meetup.com/Laughter-Yoga-Meetup-at-Sacramento-LGBTQ-Community-Center">www.meetup.com/Laughter-Yoga-Meetup-at-Sacramento-LGBTQ-Community-Center</a>

<a href="#">Valley Streams Zen Sangha at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	916-456-7752	7 pm - 8:45 pm (2nd Mondays Meditation Instruction 6 - 6:40 pm)	Begins with sitting meditation. Additional offerings include a devotional service, dharma talks by visiting teachers, group discussions, practice circles and retreat nights. Donations accepted. Held weekly.	<a href="http://www.valleystreamszen.org">www.valleystreamszen.org</a>
<a href="#">Sol Collective</a>	Yoga	2574 21st Street, Sacramento, CA 95818	roysjoyce@gmail.com	8 pm - 9 pm	Luna Yoga. Free community yoga. Combination of Hatha and Vinyasa styles with a moderate pace. Class held weekly.	<a href="http://www.facebook.com/mellowmondayyoga">www.facebook.com/mellowmondayyoga</a>
<b>TUESDAY</b>						
<a href="#">Zuda Yoga - Midtown</a>	Meditation	1515 19th Street, Sacramento, CA, 95811	916-441-1267	5:30 am - 6 am	Start your morning practice with good intentions. This is a free meditation class offered prior to our 6 am class.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Sacramento Buddhist Meditation Group (SBMG) at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	916-572-9498	7 am - 8:15 am	Free open meditation class. Meditation starting at 7:00, and stay as you can for the 7:30-7:45 walking meditation/break, and second sit from 7:45- 8:15. Come and leave as fits your schedule. Held weekly.	<a href="http://www.sbm.org">www.sbm.org</a>
<a href="#">Zuda Yoga - Midtown</a>	Yoga	1515 19th Street, Sacramento, CA, 95811	916-441-1267	2 pm - 3:15 pm	Karma classes are our same Vinyasa-style classes, but we only accept donations for them. No class passes. All money collected from these classes are donated to a family in need. The suggested amount is \$5-10, however any amount, more or less is welcome. Class held weekly.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Yoga Moves Us - MiYo Midtown Yoga</a>	Yoga	Fremont Park on the corner of 16th & Q Streets, Sacramento, CA 95811	Info@YogaMovesUs.org	6 pm - 7 pm (SEASONAL CLASS)	April 2, 2019 – September 24, 2019 60-minute vinyasa-style yoga class. No experience necessary, this is a free all levels class.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga at Belle Coolidge Library</a>	Yoga	5600 S Land Park Drive, Sacramento, CA 95822	Info@YogaMovesUs.org	6 pm - 7 pm	Free yin yoga classes at Belle Coolidge Library. Yin is slower and quieter than Vinyasa and focuses on relaxing into flexibility rather than moving into strength or balance, it is a very supportive practice and is especially beneficial for beginners. Open to all. Space is limited. Arrive early! Class held weekly.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>

<a href="#">Center Seven: Restoration, Movement, Art</a>	Yoga	3101 33rd Street Sacramento, CA 95817	info@centerseven.org	6 pm - 7:15 pm	Free community class that is a moderate+ paced vinyasa yoga class. Class opens with breath and inward focus, gradually increasing movement towards flow, heat building, and postures for grounding and recovery. Sequences are most often accompanied by music, sun salutations are included and the room is not heated but it does get warm. Class held weekly.	<a href="http://www.centerseven.org">www.centerseven.org</a>
<a href="#">AcroYoga Jam at The Phoenix Sacramento</a>	AcroYoga	200 Bicentennial Circle, Sacramento, CA 95826	916-241-5137	6 pm - 8 pm	AcroYoga, also known as partner yoga combines acrobatics & yoga. Enter through the main gate (gate code: 2016) and take the most direct route forward following signs to the main office. If the weather is nice then we'll be in the grass area by the main pool behind the mailboxes. If not, then we'll be in the clubhouse by the main pool. All-levels are welcome. Jam held weekly.	<a href="http://www.facebook.com/livethephoenix">www.facebook.com/livethephoenix</a>
<a href="#">Diamond Light Tibetan Buddhist Group at Sierra 2 Center</a>	Meditation	2791 24th Street Room 14, Sacramento, CA 95818	diamonlight.sac@gmail.com	6:30 pm - 8:30 pm	Meditation and Dharma talk. Meditation, and dharma classes by donation only. Room located on 2nd floor. Held weekly.	<a href="http://www.diamondlightsac.org">www.diamondlightsac.org</a>
<a href="#">Serenity Spa Soul Yoga Folsom at the Palladio Shopping Center</a>	Meditation	350 Palladio Pkwy. #1975, Folsom, CA 95630	916-542-7363	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events</a>
<a href="#">Serenity Spa Soul Yoga Roseville</a>	Meditation	3984 Douglas Blvd #150, Roseville, CA 95661	916-797-8550	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events</a>
<a href="#">BlyueRose Dance Project</a>	Yoga	5990 14th Ave., Suite D, Sacramento, CA 95820	916-955-4668	7:25 pm - 8:25 pm	Candlelit yoga flow for deep rest and relaxation. Hour long flow with breath synced movement and deep stretches for stress release and restful sleep. \$5 recommended donation. No one turned away for lack of funds.	<a href="http://www.blyuerosedanceproject.com">www.blyuerosedanceproject.com</a>
<a href="#">Radiant Yoga</a>	Teen Yoga	530 Post Court, El Dorado Hills, CA 95762	916-933-0300	7:30 pm - 8:30 pm	This class is a combination of power Vinyasa, Yin, and pranayama (breath work), perfect for teens ages 13 to 19. For those who want to know what yoga is all about, or expand their knowledge and practice of vinyasa flow-working on balance, strength, mindfulness, stretching, relaxation, and focus. This class will not be heated and perfect for beginners. Donation Based \$5	<a href="http://www.radiantyogaedh.com">www.radiantyogaedh.com</a>
<b>WEDNESDAY</b>						

<a href="#">Zuda Yoga - Midtown</a>	Meditation	1515 19th Street, Sacramento, CA, 95811	916-441-1267	5:30 am - 6 am	Start your morning practice with good intentions. This is a free meditation class offered prior to our 6 am class.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Stillness Healing Arts</a>	Meditation	9718 Fair Oaks Blvd #B1, Fair Oaks, CA 95628	916-572-8859	9:45 am - 11 am	Drop-in meditation class suitable for beginners and experienced meditators alike. A safe environment to explore the fundamentals of mindfulness as well as the deeper teachings of a spiritual practice. Suggested donation: \$10 (no one is turned away). Held weekly.	<a href="http://www.stillnesshealingarts.com">www.stillnesshealingarts.com</a>
<a href="#">Centered Recovery Meetings at Aikedo Healing Arts Center of Roseville</a>	Support Group	501 Derek Pl, Suite 100, Roseville, CA 95678	404-451-5431	12 pm - 1 pm	Looking for an alternative to the traditional support group? Enjoy chatting with others in recovery from a mindful, holistic point of view? Have hope that you aren't broken? This is the place for you! Free group lead by Promila Paul. Open to everyone.	<a href="http://www.centeredrecovery.org">www.centeredrecovery.org</a>
<a href="#">Servasana at Sacramento VA Medical Center: Center Auditorium</a>	Veteran's Yoga	10535 Hospital Way, Mather, CA 95655	Message through Facebook	5 pm - 6 pm	Free classes for veterans and VA Center staff in the Sacramento VA. Class held weekly.	<a href="https://www.facebook.com/Servasana/info/?tab=page_info">www.facebook.com/Servasana/info/?tab=page_info</a>
<a href="#">Serenity Spa Soul Yoga Folsom at the Palladio Shopping Center</a>	Meditation	350 Palladio Pkwy. #1975, Folsom, CA 95630	916-542-7363	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events</a>
<a href="#">Serenity Spa Soul Yoga Roseville</a>	Meditation	3984 Douglas Blvd #150, Roseville, CA 95661	916-797-8550	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events</a>
<a href="#">Aikido &amp; Healing Arts of Roseville</a>	Yoga	501 Derek Pl, Suite 100, Roseville, CA 95678	916-770-9031	7:30 pm - 8:45 pm	Explore with Promila, a meaningful yoga practice that will lead you to develop flexibility, power and inner peace. You will feel your entire body stimulated with vigor and intensity and the mind filled with a sense of wonder and freedom. Appropriate for all levels. \$5-\$10 recommended donation.	<a href="http://www.meetup.com/Roseville-Trail-Bike-Jog-Run-Club">www.meetup.com/Roseville-Trail-Bike-Jog-Run-Club</a>
<b>THURSDAY</b>						
<a href="#">Zuda Yoga - Midtown</a>	Meditation	1515 19th Street, Sacramento, CA, 95811	916-441-1267	5:30 am - 6 am	Start your morning practice with good intentions. This is a free meditation class offered prior to our 6 am class.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Valley Streams Zen Sangha at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	916-456-7752	6 am - 7:20 am	Everyone is welcome to come at 6:00 or 6:40 for morning meditation. Come for all or part of it and stay for tea afterwards. Held weekly.	<a href="http://www.valleystreamszen.org">www.valleystreamszen.org</a>
<a href="#">Accessible Yoga Sacramento at Pioneer Towers</a>	Yoga/Yoga for people with disabilities	515 P Street, Sacramento, CA 95814	marylouisepicer@yahoo.com	10:30 am - 11:45 am	Accessible Seated Yoga (Standing & Mat Practitioners also welcome! Held in the Bingo Room. Street Parking Only. Teacher: Jaya. Free & by donation. Class held weekly.	<a href="https://www.instagram.com/accessibleyogasacramento">www.instagram.com/accessibleyogasacramento</a>

<a href="#">Sacramento Native American Health Center - Yoga for Wellness - by The Yoga Seed</a>	Yoga/Yoga for people with disabilities	2020 J Street, Sacramento, CA 95811	(916) 341-0576 ext. 2248	1 pm - 2 pm	Interested to find positive ways to deal with stress and chronic pain? These beginner classes are the perfect addition to any wellness plan. Held in the Sequoia Room. Instructor can make accommodations for mobility. Class held weekly.	<a href="http://www.snahc.org/snahc-events">www.snahc.org/snahc-events</a>
<a href="#">Radiant Yoga</a>	Yoga	530 Post Court, El Dorado Hills, CA 95762	916-933-0300	12 pm - 1 pm	To continue to spread the benefits of yoga throughout our community, we are now offering one Karma yoga class during the week. Our Karma classes are an opportunity for everyone to come and practice Power Vinyasa Yoga at a low cost. There is a minimum donation of \$5 required for local nonprofits during these classes. Class held weekly.	<a href="http://www.radiantyogaedh.com">www.radiantyogaedh.com</a>
<a href="#">Zuda Yoga - Midtown</a>	Yoga	1515 19th Street, Sacramento, CA, 95811	916-441-1267	2 pm - 3:15 pm	Karma classes are our same Vinyasa-style classes, but we only accept donations for them. No class passes. All money collected from these classes are donated to a family in need. The suggested amount is \$5-10, however any amount, more or less is welcome. Class held weekly.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Fusion Yoga</a>	Yoga	1620 Executive Court, Sacramento, CA 95864	916-922-9642	5:30 pm - 6:45 pm	Karma classes are donation based (with a suggested donation of \$7 to \$20, cash/check only please) – however, they are free for those who truly can't afford our classes. Class held weekly.	<a href="http://www.fusionyogasac.com">www.fusionyogasac.com</a>
<a href="#">Yoga Moves Us - MiYo Midtown Yoga</a>	Yoga	Fremont Park on the corner of 16th & Q Streets, Sacramento, CA 95811	Info@YogaMovesUs.org	6 pm - 7 pm (SEASONAL CLASS)	April 4, 2019 – September 26, 2019 60-minute vinyasa-style yoga class. No experience necessary, this is a free all levels class.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga at Ella K. McClatchy Library</a>	Yoga	2112 22nd Street, Sacramento, CA 95818	Info@YogaMovesUs.org	6 pm - 7 pm	Free vinyasa yoga classes at Ella K. McClatchy Library. Open to all. Space is limited. Arrive early! Class held weekly.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Serenity Spa Soul Yoga Folsom at the Palladio Shopping Center</a>	Meditation	350 Palladio Pkwy. #1975, Folsom, CA 95630	916-542-7363	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#folsom-events</a>
<a href="#">Serenity Spa Soul Yoga Roseville</a>	Meditation	3984 Douglas Blvd #150, Roseville, CA 95661	916-797-8550	6:45 pm - 7:15 pm	Free community meditation. Yoga mats, towels & water provided by Soul Yoga. Held weekly.	<a href="http://www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events">www.soulyoga.serenityspaonline.com/yoga-class-schedule/#roseville-events</a>

<a href="#">Stillness Healing Arts</a>	Meditation	9718 Fair Oaks Blvd #B1, Fair Oaks, CA 95628	916-572-8859	6:45 pm - 8 pm	Drop-in meditation class suitable for beginners and experienced meditators alike. A safe environment to explore the fundamentals of mindfulness as well as the deeper teachings of a spiritual practice. Suggested donation: \$10 (no one is turned away). Held weekly.	<a href="http://www.stillnesshealingarts.com">www.stillnesshealingarts.com</a>
<a href="#">Sacramento Insight Meditation at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	916-564-9999	7 pm - 9:15 pm (Free intro to meditation 6-6:45 pm- 4th Thursday of month.)	Meditation and dharma talk. Donation based. Held weekly.	<a href="http://www.sactoinsight.org">www.sactoinsight.org</a>
<b>FRIDAY</b>						
<a href="#">Zuda Yoga - Midtown</a>	Meditation	1515 19th Street, Sacramento, CA, 95811	916-441-1267	5:30 am - 6 am	Start your morning practice with good intentions. This is a free meditation class offered prior to our 6 am class.	<a href="http://www.zudayoga.com">www.zudayoga.com</a>
<a href="#">Yoga Shala - Arden</a>	Yoga	4397 Arden Way, Sacramento, CA 95864	415-527-9231	12 pm - 1 pm	Hatha Slow Flow Yoga. A donation based class supporting: SAVE THE AMERICAN RIVER ASSOCIATION The Save the American River Association, (SARA) is a grass roots non-profit organization founded in 1961 to spearhead the establishment of the American River Parkway — the "crown jewel" of the Sacramento County Park System.	<a href="http://www.yogashalasac.com">www.yogashalasac.com</a>
<a href="#">Trinity of Yoga at Diamond Light Buddhist Meditation Group</a>	Yoga	2791 24th Street Room 14, Sacramento CA 95818	delsamson1@gmail.com	6 pm - 7:30 pm	Obeisance to the Sun; the First Step to Create a Successful Daily Practice Practice is the key to a consistent and successful practice. Let's define your goals, create a plan, and implement a no fail agreement with yourself. Once you master the movements, you are well on your way. We will conclude with 15 minutes of singing bowl. Donation based.	<a href="http://www.trinityofyoga.com">www.trinityofyoga.com</a>
<a href="#">Yoga Moves Us - Yoga In the Park/Fun Flow Fridays (Sutter's Fort)</a>	Yoga	2701 L Street, Sacramento, CA 95816	Info@YogaMovesUs.org	6 pm - 7:15 pm, First Friday of the month (SEASONAL CLASS)	Seasonal outdoor class during the summer months. Class is free and is a music themed, vinyasa style yoga class. Located at Sutter's Fort at the corner of L and 26th. April 5th 2019 through September 6th, 2019. Extra yoga mats available.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Kim Quang Temple (Vietnamese Buddhist Association)</a>	Meditation	3119 Alta Arden Expressway, Sacramento, CA 95825	916-481-8781	7 pm - 9 pm	Meditation Class (In English). Meditation, Chanting, and Learning to Live in Mindfulness. Held weekly.	<a href="http://phexbach.wixsite.com/kimquang">http://phexbach.wixsite.com/kimquang</a>



<a href="#">Davis Meditation at Holistic Meditation Center</a>	Kirtan	1403 5th Street, Suite B, Davis, CA. 95616	916-534-2941	7:30 pm - 9 pm	Friday night kirtan. Chant sacred mantras. Uncover your innate wisdom and happiness. Free of charge. Held weekly. Donations accepted.	<a href="http://www.davismeditation.com">www.davismeditation.com</a>
<b>SATURDAY</b>						
<a href="#">Yoga Moves Us - Yoga In the Park/Yoga at the Clunie Center (McKinley Park)</a>	Yoga	601 Alhambra Blvd. Sacramento, CA 95816	Info@YogaMovesUs.org	9 am - 10:15 am	All-level vinyasa-style classes. Outdoors in the summer at McKinley Park by the rose garden starting April 6, 2019 and indoors at the Clunie Center next to the library in the winter starting October 5, 2019. Free in the summer and donation based in the winter. Donations accepted for indoor classes but not required. Extra yoga mats available. Class held weekly.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga In the Park (Maidu Park)</a>	Yoga	1550 Maidu Drive, Roseville, CA 95661	Info@YogaMovesUs.org	9 am - 10:15 am (SEASONAL CLASS)	Free seasonal outdoor class during the summer months. All-level vinyasa-style classes. Located between the library and the community center in Maidu Park. April 6th 2019 through September 21st 2019. Extra yoga mats available.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga In the Park - (Community Park)</a>	Yoga	1405 F Street, Davis, CA 95616	Info@YogaMovesUs.org	9 am - 10:15 am (SEASONAL CLASS)	Free seasonal outdoor class during the summer months. All-level vinyasa-style classes. Located between the Library and the Baseball Diamond in Community Park, Davis. April 6th 2019 through September 21st 2019. Extra yoga mats available.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga In the Park (Lions Park)</a>	Yoga	403 Stafford Street, Folsom, CA 95630	Info@YogaMovesUs.org	9 am - 10:15 am (SEASONAL CLASS)	Free seasonal outdoor class during the summer months. All-level vinyasa-style classes. Located in front of the Library in Lions Park. April 6th 2019 through September 21st 2019. Extra yoga mats available.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">Yoga Moves Us - Yoga In the Park (North Laguna Creek Park - Elk Grove Area)</a>	Yoga	6400 Jacinto Avenue, Sacramento, CA 95823	Info@YogaMovesUs.org	9 am - 10:15 am (SEASONAL CLASS)	Free seasonal outdoor class during the summer months. All-level vinyasa-style classes. Located near the water fountains in North Laguna Creek Park. April 6th 2019 through September 21st 2019. Extra yoga mats available.	<a href="http://www.yogamovesus.org">www.yogamovesus.org</a>
<a href="#">The Humble Warriors at Southside Park Clubhouse</a>	Yoga	2051 6th Street, Sacramento, CA 95818	Message through Facebook	10 am - 11 am	Free Indoor Class at the Southside Class Clubhouse. \$5-\$10 recommended donation. Students are welcome to come for free if they can't afford a donation. Class held weekly.	<a href="https://www.facebook.com/thehumblewarriors">www.facebook.com/thehumblewarriors</a>

<a href="#">Sacramento Yoga Center</a>	Laughter Yoga	2791 24th Street, Rm 6, Sacramento, CA 95818	916-996-5645	10: 45 am - 11:45 am	Laughter Yoga. By donation. \$5-\$10 recommended. Classes are open to all regardless of fitness level. Laughter Yoga is a total health elixir that takes care of physical stress, mental stress and emotional stress. Class held weekly.	<a href="http://www.sacramentoyogacenter.com">www.sacramentoyogacenter.com</a>
<a href="#">Arden-Dimick Library</a>	Yoga	891 Watt Ave., Sacramento, CA 95864	916-264-2700	1 pm - 2 pm, 2nd and 4th Saturdays	Come to the library for a free yoga lesson. All skill levels, beginner to advanced, are welcome. Wear loose clothing and bring a yoga mat.	<a href="http://www.meetup.com/Library-Yoga-Meetup">www.meetup.com/Library-Yoga-Meetup</a>
<a href="#">Fusion Yoga</a>	Yoga	1620 Executive Court, Sacramento, CA 95864	916-922-9642	1 pm - 2 pm	Karma classes are donation based (with a suggested donation of \$7 to \$20, cash/check only please) – however, they are free for those who truly can't afford our classes. Class held weekly.	<a href="http://www.fusionyogasac.com">www.fusionyogasac.com</a>
<a href="#">Arden Hot Yoga</a>	Yoga	4128 El Camino Ave #10, Sacramento, CA 95821	916-482-5652	4:30 pm - 5:45 pm	Free vinyasa class. Join our vinyasa teachers and support a great cause at this donation based class. Donations will be supporting a different charity every quarter. Donations optional. Class held weekly.	<a href="http://www.ardenhotyoga.com">www.ardenhotyoga.com</a>
<a href="#">Journey to Awaken Kirtan at Lion's Roar Dharma Center</a>	Kirtan	3240 B Street, Sacramento, CA 95816	info@lionsroardharmacenter.com	7 pm - 8:30 pm, 3rd Saturday of the month	Join us for an evening of Kirtan chanting and soulful music programs. Suggested donation \$10, No one turned away for lack of funds.	<a href="http://www.lionsroardharmacenter.org/calendar">www.lionsroardharmacenter.org/calendar</a>
<b>SUNDAY</b>						
<a href="#">Ritual</a>	Meditation	2405 21st Street, Sacramento, CA, 95818	916-837-5400	8 am - 8:30 am	Come and meditate every Sunday morning for 30 minutes. We will provide the space, the cushions and chairs and the leader. Bring your intention to meditate in community, sharing and spreading the merit of your effort, serenity and equanimity. \$5 suggested donation benefits a different charitable organization every month. Held weekly.	<a href="http://www.ritualsacramento.com">www.ritualsacramento.com</a>
<a href="#">Solfire Yoga (SolPark Yoga)</a>	Yoga	Solfire Yoga Studio: 2613 J Street, Sacramento, CA, 95816 Marshall Park:915 27th Street, Sacramento, CA 95816	916-330-1825	8:30 am - 9:30 am	Free community class. Outdoors in the summer at Marshall Park (28th and J streets) and indoors at the Solfire yoga studio in the winter (October - April). Class held weekly.	<a href="http://www.solfirejstreet.com">www.solfirejstreet.com</a>
<a href="#">Aikido &amp; Healing Arts of Roseville</a>	Yoga	501 Derek Pl, Suite 100, Roseville, CA 95678	916-628-0765	8:30 am - 9:30 am	Donation based Yin Yoga. Class held weekly.	<a href="http://www.rosevilleaikidocenter.com/main/yoga">www.rosevilleaikidocenter.com/main/yoga</a>



<a href="#">Buddhist Church of Sacramento</a>	Meditation	2401 Riverside Boulevard, Sacramento, CA 95818	916-446-0121	8:30 am - 9:15 am	Meditation Service. Held in the Small Hondo (Chapel). Held every Sunday before the Sangha Service. Held weekly.	<a href="http://www.buddhistchurch.org/recurring-events">www.buddhistchurch.org/recurring-events</a>
<a href="#">Yoga Moves Us - Yoga In the Park (Tahoe Park)</a>	Yoga	3501 59th St, Sacramento CA, Corner of 59th St. & 11th Ave. (By the pool) 95820	Info@YogaMovesUs.org	9 am - 10:15 am (SEASONAL CLASS)	Free seasonal outdoor class during the summer months. All-level vinyasa-style classes. Located by the swimming pool in Tahoe Park. April 7th 2019 through September 22nd 2019. Extra yoga mats available.	<a href="http://yogamovesus.org">yogamovesus.org</a>
<a href="#">Sahaja Meditation Sacramento Meetup Group (inside Cynthia's Dance Studio)</a>	Meditation	304 S. Lexington Drive, Folsom, CA	Contact through Meetup website	9 am - 10 am	Free meditation classes. New participants show up at 9 am and regular members show up at 9:30 am. Held weekly.	<a href="http://www.meetup.com/Yoga-Meditation-Free-Classes">www.meetup.com/Yoga-Meditation-Free-Classes</a>
<a href="#">Sacramento Dharma Center</a>	Family Sangha	3111 Wissemann Drive, Sacramento, CA 95826	helen.sbm@gmail.com or jith.meganathan@gmail.com	10 am - 12 pm, 2nd Sunday of the month	Family Sangha welcomes those who want to develop dharma practice in a family setting — parents, grandparents, uncles, aunts, and more. We offer indoor and outdoor activities for kids from babies to age 12, expressing values of the Buddha way. Adults have time for meditation, play, and discussion. Donation based.	<a href="http://www.sacdharma.org/event/sdcfamily-sangha/">www.sacdharma.org/event/sdcfamily-sangha/</a>
<a href="#">Tower Brewing</a>	Yoga	1210 66th St B, Sacramento, CA 95819	916-272-4472	10:30 am - 11:30 am	Instructor Mo hosts a free, high energy yoga class every Sunday! Participants get \$1 off their first beer. No RSVP or registration needed, just bring a mat & good vibes. Donations accepted.	<a href="http://www.towerbrewingcompany.com">www.towerbrewingcompany.com</a>
<a href="#">Yolo Brewing Co. - Yoga</a>	Yoga	1520 Terminal St, West Sacramento, CA 95691	916-379-7585	11 am - 12 pm	Free yoga class. All ages and skill levels are welcome! Stay after class for some kombucha or beer! Class size is limited to 40. Class held weekly.	<a href="http://www.facebook.com/events/1974858319288423">www.facebook.com/events/1974858319288423</a>
<a href="#">Edge Studios</a>	Yoga Beginner's Workshop	448 Howe Ave. Sacramento, CA 95825	916-550-0730	11:30 am - 1:30 pm, 3rd Sunday of the month	Learn the basics of Power Vinyasa Yoga. In this workshop you will learn the alignment of the basic poses of the practice and discover how to connect your breath with your movements so you can begin to "flow". This interactive workshop has Q&A and hands-on instructor demonstrations for a better understanding of each pose and modifications for the body.	<a href="http://www.edgestudiossac.com">www.edgestudiossac.com</a>

<a href="#">Leap Yoga Folsom</a>	Yoga	1725 Iron Point Rd., Folsom, CA 95630	916-608-5327	11:45 am - 12: 45 pm	This class is appropriate for both the brand new yoga student as well as yoga practitioners who are interested in brushing up on proper alignment of foundational poses and learning more specifics about the practice of vinyasa yoga. These classes are not heated. In our Yoga Flow 101 classes you will learn how to build a solid foundation for your yoga practice. All levels welcome. Class held weekly.	<a href="http://www.leapyoga.net">www.leapyoga.net</a>
<a href="#">Radiant Yoga</a>	Yoga Beginner's Workshop	530 Post Court, El Dorado Hills, CA 95762	916-933-0300	12 pm - 2 pm, 2nd Sunday of the month	Learn the basics of Power Vinyasa Yoga! In this workshop you will learn the alignment of the basic poses of the practice and discover how to connect your breath with your movements so you can begin to "flow". This interactive workshop has Q&A and hands-on instructor demonstrations for a better understanding of each pose and modifications for the body.	<a href="http://www.radiantyogaedh.com">www.radiantyogaedh.com</a>
<a href="#">Accessible Yoga Sacramento at Mercy Apartments (7th &amp; H Apartments)</a>	Yoga/Yoga for people with disabilities	720 7th Street, Sacramento, CA 95814	marylouisepicer no@yahoo.com	1 pm - 2:15 pm, 1st and 3rd Sundays	Accessible Yoga (Seated, Standing and Mat Practitioners ALL welcome!) Free Parking on G Street. Teachers: Jaya, Maitreyi, Whitney. Free & by donation.	<a href="http://www.instagram.com/accessibleyogasacramento">www.instagram.com/accessibleyogasacramento</a>
<a href="#">Accessible Yoga Sacramento at Mercy Apartments (7th &amp; H Apartments)</a>	Yoga/Yoga for people with disabilities	720 7th Street, Sacramento, CA 95814	marylouisepicer no@yahoo.com	1 pm - 2:15 pm, 2nd and 4th Sundays	Mindful Movement Yoga (Seated, Standing and Mat Practitioners ALL welcome!) Free Parking on G Street. Teacher: Sade. Free & by donation.	<a href="http://www.instagram.com/accessibleyogasacramento">www.instagram.com/accessibleyogasacramento</a>
<a href="#">People of Color (POC) Sangha at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	omonivie. sbgm@gmail. com	4:15 pm - 6:00 pm, 1st and 3rd Sundays	Gathering as a community of people of color, sharing common experiences and feelings that come with walking the path in the skin we're in. Promoting resilience, affirmation and connection to the dharma, may all beings benefit from our practice together. Open to new and experienced meditators identifying as persons of color. Donation based.	<a href="http://www.sbgm.org/event/people-of-color-sangha-11/all/">www.sbgm.org/event/people-of-color-sangha-11/all/</a>
<a href="#">Sacramento Buddhist Meditation Group (SBMG) at Sacramento Dharma Center</a>	Qigong	3111 Wissemann Drive, Sacramento, CA 95826	916-572-9498	5:30 pm - 6:20 pm	Donation based Qigong class. Inside the main lobby in the winter months and outside under the trees in the fine weather months. Lobby open at least 5 minutes before class starts. Class held weekly.	<a href="http://www.sbgm.org">www.sbgm.org</a>

<a href="#">Davis Meditation at The Cottage at Unitarian Universalist Church of Davis</a>	Kirtan	27074 Patwin Rd, Davis, CA 95616	916-534-2941	6 pm - 8 pm	Guided relaxing group meditation with mantras, delicious vegetarian meal. Includes kirtan (mantra meditation with music). No experience necessary. Our programs are free of charge, however we do accept donations if you'd like to help out (Suggested donation \$5). Held weekly.	<a href="http://www.davismeditation.com">www.davismeditation.com</a>
<a href="#">Sacramento Buddhist Meditation Group (SBMG) at Sacramento Dharma Center</a>	Meditation	3111 Wissemann Drive, Sacramento, CA 95826	916-572-9498	6:30 pm - 8:30 pm (Free intro to meditation 5:30-6:15 pm-Last Sunday of month.)	Meditation and Buddhist teaching. Donations accepted but not required. A silent meditation lasts 30 to 40 minutes. At 8 pm, the teacher offers a dharma talk. Also offers monthly day long meditation retreats. Your first retreat is free. Scholarships also available for retreats. Held weekly.	<a href="http://www.sbm.org">www.sbm.org</a>
<b>RECURRING CLASSES</b>						
<a href="#">The Yoga Seed</a>	Yoga / LGBT Yoga /Yoga for people with disabilities	1400 E Street, Suite B, Sacramento, CA 95814	916-668-0949	Varies	Offers weekly classes seven days a week on a sliding scale through an application process. Drop-In rates range from \$0-\$10 per class. Monthly memberships range from \$30-\$60 month. Includes an All Bodies class and Queer Community Yoga.	<a href="http://www.theyogaseed.org/yoga-memberships">www.theyogaseed.org/yoga-memberships</a>
<a href="#">Wellness Within. Cancer Support Services</a>	Yoga and Meditation for people affected by cancer	609 Oak St. Roseville, CA 95678	916-788-0333	Varies	Our programs are specifically tailored to the needs of those affected by the stress of cancer – cancer patients, survivors, caretakers, and family. Classes are free or low cost on a pay-as-you-can basis. Please contact us if you are in need of a scholarship. Provides all mats and props needed for class or bring your own. Yoga classes are NOT suitable for those with bone cancer and brittle bones.	<a href="http://www.wellnesswithin.org">www.wellnesswithin.org</a>
<a href="#">Radiant Friend</a>	Kirtan	Various Locations in Sacramento area	RadiantFriendKirtan@gmail.com	Varies	Kirtan--Call and Response Chanting. Donation recommended but not required. Monthly kirtans offered.	<a href="http://www.radiantfriend.com">www.radiantfriend.com</a>
<a href="#">Jay Nair - Songs of Universal Peace</a>	Kirtan	Various Locations	Contact through website	Varies	"Songs of Universal Peace" is a blend of Indian Classical Music, Appalachian Folks Music, Blues, Improvisation and more. Most of the concerts offered are donation based.	<a href="http://www.nairjay.com">www.nairjay.com</a>
<a href="#">The Handstand Nation</a>	AcroYoga	Various Locations in Sacramento area	916-698-7601 (Call or Text)	Varies	This is a fun practice of partner work, inversions and flying yoga. We will help you find alignment, tightness, balance and skills to practice to get you off the wall and comfortable in the middle of the room. Come play with us! Work-trade or payment assistance is offered if needed.	<a href="http://www.thehandstandnation.com">www.thehandstandnation.com</a>

PODCASTS/APPS						
<a href="#">Insight Timer</a>	Meditation	Phone App	None	Anytime	Top free meditation app. Includes thousands of free guided meditations and meditation teachers. Also includes a meditation timer.	<a href="http://www.insighttimer.com">www.insighttimer.com</a>
<a href="#">iTunes</a>	Yoga and Meditation	Online	getsupport.apple.com	Anytime	Free yoga and meditation podcasts.	<a href="http://podcasts.apple.com/us/genre/podcasts-health-fitness-nutrition/id1417?letter=Y">podcasts.apple.com/us/genre/podcasts-health-fitness-nutrition/id1417?letter=Y</a>
<a href="#">Valley Streams Zen Sangha</a>	Meditation	Online	916-456-7752	Anytime	Free online podcasts - Dharma Talks.	<a href="http://www.valleystreamszen.org/category/podcasts">www.valleystreamszen.org/category/podcasts</a>
<a href="#">Diamond Light Tibetan Buddhist Group</a>	Meditation	Online	diamondlight.sac@gmail.com	Anytime	Free online podcasts - Dharma Talks.	<a href="http://www.diamondlightsac.org/podcastpage">www.diamondlightsac.org/podcastpage</a>
<a href="#">Sacramento Buddhist Meditation Group (SBMG)</a>	Meditation	Online	916-572-9498	Anytime	Free online podcasts - Dharma Talks.	<a href="http://www.sbm.org/audio">www.sbm.org/audio</a>
<a href="#">Sacramento Insight Meditation</a>	Meditation	Online	916-564-9999	Anytime	Free online podcasts - Dharma Talks.	<a href="http://www.sactoinsight.org/category/audio-dharma">www.sactoinsight.org/category/audio-dharma</a>
NETWORKING GROUPS						
<a href="#">Free Yoga Sacramento Instagram Page</a>	Networking Groups	Online	info@FreeYogaSacramento.com	Anytime	Tag any post on Instagram about free or donation based yoga or meditation classes or fundraising events for nonprofits. Use the hashtag #FreeYogaSacramento and we will repost your event on our page and also share on Facebook.	<a href="http://www.instagram.com/freeyogasacramento">www.instagram.com/freeyogasacramento</a>
<a href="#">Sacramento Yoga Community Facebook Group</a>	Networking Groups	Online	Message through Facebook	Anytime	Networking group for the Sacramento Yoga Community. Many free and donation based classes are posted on here.	<a href="http://www.facebook.com/groups/494296480688372">www.facebook.com/groups/494296480688372</a>
<a href="#">Sacramento Acroyoga Facebook Group</a>	Networking Groups	Online	Message through Facebook	Anytime	Networking group for the Sacramento Acroyoga community. Many acro jams will be posted on here.	<a href="http://www.facebook.com/groups/196439447039935">www.facebook.com/groups/196439447039935</a>
GIVE BACK						
<a href="#">Free Yoga Sacramento</a>	Volunteer	Various Locations	info@FreeYogaSacramento.com	Varies	Volunteers are needed to maintain the Facebook page, Instagram page, website listings, attend special events, and to distribute flyers around town. Volunteers can work in their free time during hours that fit their schedule.	<a href="http://www.freeyogasacramento.com/getinvolved">www.freeyogasacramento.com/getinvolved</a>

<a href="#">Yoga Moves Us</a>	Volunteer	Various Locations	Info@YogaMovesUs.org	Varies	Nonprofit yoga organization. Opportunities include yoga teachers, yoga assistants, park leads, special event assistance, board members, advisory panel, newsletter writing, and administrative volunteers.	<a href="http://www.yogamovesus.org/how-to-get-involved">www.yogamovesus.org/how-to-get-involved</a>
<a href="#">The Yoga Seed</a>	Volunteer	1400 E Street, Suite B, Sacramento, CA 95814	916-668-0949	Varies	Nonprofit yoga studio that operates almost entirely with the support of volunteers. Many volunteer opportunities available.	<a href="http://www.theyogaseed.org/volunteer">www.theyogaseed.org/volunteer</a>
<a href="#">Sacramento Buddhist Meditation Group (SBMG) at Sacramento Dharma Center</a>	Volunteer	3111 Wissemann Drive, Sacramento, CA 95826	916-572-9498	Varies	Whatever your gifts and talents are, the sangha can benefit from your gift of time and effort. We have a variety of opportunities, and the best gift is one that speaks to your own interests.	<a href="http://www.sbmj.org/volunteering">www.sbmj.org/volunteering</a>
<a href="#">Breakfast Program. Sacramento sponsored by Diamond Light Tibetan Buddhist Group</a>	Volunteer	Various Locations including Loaves & Fishes	breakfastprogramsa@gmail.com	Varies	Volunteer effort to provide homeless folks of Sacramento with a nutritious breakfast. We donate and then distribute food & personal care items. Held Fridays and Sundays. Sign up at: <a href="https://tinyurl.com/DL-BreakfastProgram">https://tinyurl.com/DL-BreakfastProgram</a>	<a href="https://www.facebook.com/BreakfastProgramSac">www.facebook.com/BreakfastProgramSac</a>
<a href="#">HandsOn Sacramento</a>	Volunteer	Various Locations	vmihanovich@communitylinkcr.org	Varies	Connects individuals and groups to volunteer opportunities through an online matching system. Serves the entire Sacramento region (Sacramento, Yolo, Placer, El Dorado and Nevada Counties).	<a href="http://www.handsonsacto.org">www.handsonsacto.org</a>
<a href="#">United Way California Capital Region</a>	Volunteer	Various Locations	916-368-3000	Varies	A volunteer resource center for nonprofits, groups and individuals. Volunteer opportunities listed on the website.	<a href="http://www.yourlocalunitedway.org/volunteer-0">www.yourlocalunitedway.org/volunteer-0</a>