

THANKSGIVING YOGA RETREAT

In Memory of John • November 2025

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NOVEMBER 2025 SCHEDULE

Monday, Nov 24	3:00–5:00 PM 7:00–8:00 PM
Wednesday, Nov 26	4:00–5:45 PM
Friday, Nov 28	7:30–8:30 AM 2:00–3:00 PM 6:00–7:30 PM
Saturday, Nov 29	9:00–10:00 AM 2:00–3:00 PM 4:30–5:30 PM
Sunday, Nov 30	7:30–8:30 AM 12:00–1:00 PM 4:00–6:00 PM

IN MEMORY OF JOHN

Our dear friend John passed away in May 2025—a profound loss to his family, friends, and the countless lives he touched as a father, brother, uncle, and friend. John had a deep love for yoga, and in his honor, we've organized this Thanksgiving in-town retreat to celebrate his legacy and express our gratitude for his vision.

In 2008, John, along with Dr. Ollie Biederman and his wife Carol, founded HIV Yoga, later renamed Immune

Yoga, creating a welcoming community that has flourished for years. Carol taught Tai Chi monthly, and Ollie provided generous financial support. We're grateful for the foundation they built and for the dedicated individuals who've sustained it—especially JP with Serenity, and the wonderful Serenity Yoga instructors who've been with us for over a decade: Tracey Dalton, Jennifer Tipton, and Daniel Dominguez.

THIS WEEK

Join us for daily movement and meditation at Yoga One in Mission Hills, a beautiful, light-filled studio with abundant windows and a peaceful atmosphere. Experience a variety of sequences and styles from exceptional instructors: energizing morning sessions, educational midday classes, and gentle restorative practices to close each day. In the following pages, you'll find everything you need to prepare: studio location, class descriptions, instructor bios, mantras, and helpful medical insights from Dr. C. We hope this week brings you joy as we celebrate John's life and the vibrant yoga community he created.

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