

12:00 PM  
MON/  
FRI

## YOGA AND SOUNDBATH



# ALL LEVELS YOGA WITH MATHILDE

CERTIFIED TEACHER (200-HR YTT)

MONDAYS & FRIDAYS 12 TO 1 PM  
SILVERLAKE REC CENTER

JOIN ME FOR AN HOUR OF  
OUTDOOR HATHA YOGA AND SOUNDBATH.  
ALL AGES AND LEVELS WELCOME.  
JUST BRING A MAT, BLANKET  
AND SOME SUNSCREEN.  
COME SETTLE YOUR MIND  
AND STRETCH YOUR BODY!  
DONATION BASED :)

WEBSITE: [BESTILLINMOTION.COM](http://BESTILLINMOTION.COM)  
EMAIL: [YOGAVECMATHILDE@GMAIL.COM](mailto:YOGAVECMATHILDE@GMAIL.COM)

