



City of Los Angeles Department of Recreation and Parks

Roz Wyman Palms Park

2950 Overland Ave, Los Angeles, CA 90064

Palms.RecreationCenter@lacity.org 310.838.3838 or 310.202.4531



# YOGA WITH ZARA

Mindful Yoga is a gentle exercise class for adults ages 18 and up. This class draws on the rich movement traditions of Yoga and Tai Chi to improve balance, stability, and flexibility in all life stages. Participants are encouraged to listen to their body and to move in rhythm with their breath.



**Tuesdays 9:00 -10:00 am \$40/month**

**Wednesdays 6:00-7:00 pm \$40/month**



Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.