

Hatha Yoga

\$10 per month

@ Glassell Park Senior Center

Enjoy an integrated approach to Yoga combining the aspects of alignment, and repetitive movement coordinated with the breath to maintain and enhance good health.

The class starts with a breathing meditation, moving on to seated classical yoga postures, kneeling and standing positions. Class ends with a guided deep relaxation developing a calm mental attitude.

Bring a yoga mat and dress comfortably for a good stretch

Thursdays
9:00 - 10:15 am

Hope to see you at class
Namaste



3750 N. Verdugo Road, Los Angeles, CA 90065 (323) 550-8809

Person with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.

"Achieving gender equity through a continuous commitment to girls and women in sports."

The classes and programs in this brochure may be subject to cancellation.