



Palisades Recreation Center
851 Alma Real Drive, Pacific Palisades, CA 90272

SIGN UP @ LAPARKS.ORG
OR CALL 310-454-1412



In this class we explore the practice of hatha yoga and stretching as practiced in the Shaolin Buddhist tradition. Calm the mind, reduce stress, and increase flexibility and strength.

No experience needed.

Wear comfortable clothing.

What to bring:

Yoga mat

Small towel

Water

Questions? Email Guy at palisadestaichi1@gmail.com

SPECIAL 8-WEEK SESSION

HATHA YOGA & STRETCHING

**THURSDAYS 11:30-12:30 PM
SESSION BEGINS 9/4**

FEE: \$150



ABOUT OUR INSTRUCTOR:

Guy Horton began practicing hatha yoga as part of his kung fu and tai chi training when he was 13. Yoga has always played an important role in shaping his approach to movement and wellness. In the Northern Shaolin martial arts tradition he comes from, hatha yoga was always a key part of class and students would work on different static and dynamic poses to help increase body awareness, improve flexibility, work with the breath, and to look inward and find stillness.

