



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

## SHADOW RANCH RECREATION CENTER

22633 VANOWEN ST. WEST HILLS, CA 91307 (818)883-3637

SHADOWRANCH.RECREATIONCENTER@LACITY.ORG



# WINTER YOGA



Experience Hatha Yoga which is suitable for all walks of life and levels. No need to be flexible or strong to practice yoga. Gain flexibility, strength and improve your health through the regular practice of yoga. Learn how to relax and release the stress of daily life through gentle movements and proper breathing

## Monday – 6 week session

January 8 – February 26  
(No class 1/15 & 2/19)

Class 1: 9:30am–10:30am (\$70)

Class 2: 11:00am–12:00pm (\$70)

## Thursday– 8 week session

January 11 – February 29

Class 1: 9:30am–10:30am (\$90)

Class 2: 11:00am–12:00pm (\$90)

## Instructor: Radha



**\*Bring your own mat and blanket**



Register Online

Persons with disabilities are welcome to participate in our 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. Programs are subject to change or cancellation without notice. No refunds will be issued unless the program is cancelled by the facility.