Registration begins November 2nd

GIRLS YOGA

Class is designed specifically for Young Girls.
The class introduces basic yoga poses, breathing technique,
Mediation, along with journaling, art, games, an opportunity for social connection and
much more!!

Classes begin Tuesday, January 7 - March 10, 2020

Tuesdays
5:30p.m - 6:30p.m

Please bring your own yoga mat

NO REFUND UNLESS PROGRAM IS CANCELLED BY SHATTO R.C.

PLEASE MAKE MONEY ORDERS PAYABLE TO:
CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
CASH, MASTERCARD/VISA CREDIT/DEBIT CARDS ACCEPTED.
PLEASE NO PERSONAL CHECKS ACCEPTED!

“Persons with disabilities are encouraged to participate in our classes and programs.
Reasonable accommodations will be made with prior arrangements.
Achieving gender equity through a continuous commitment to girls and women in sports.”

FOR MORE INFORMATION PLEASE VISIT:
WWW.LAPARKS.ORG/RECREATION/SHATTO