

CITY OF LOS ANGELES | DEPARTMENT OF RECREATION & PARKS | NORTH DISTRICT

TUESDAY AT 5 PM - \$40 (4 WEEKS)

YIN *yoga & stretch*

ABOUT THE CLASS

Yin yoga is a slow-paced style of yoga that involves holding poses for longer durations (typically 3-5 minutes) to target deep connective tissues like fascia, ligaments, and joints. It's a meditative practice that focuses on increasing flexibility, releasing tension, and cultivating mindfulness.



Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible. Achieving Gender Equity through a continuous commitment to girls and women in sports.

Programs and classes are subject to change or cancellation without notice.

No Refunds will be issued unless the program is cancelled by the Recreation Center.



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