CITY OF LOS ANGELES - DEPARTMENT OF RECREATION & PARKS - METRO REGION - NORTH DISTRICT

# Yosemite Recreation Center

1840 Yosemite Drive, Los Angeles, CA 90041
(323) 257 - 1644 Fax (323) 341 - 7884
Website: http://www.laparks.org/reccenter/yosemite
Email: Yosemitepark.RecreationCenter@lacity.org

PARK PROUD LA

# YOGA

*Developed up to 5,000 years ago, yoga is a system of techniques to practice meditation, flexibility, focus, and breathing. Come join us for a moment of relaxation and unwinding.*

*Day/Dias: Mondays*

*Hours/Horario: 7:00-8:00pm*

*Age/Edades: 18 + years*

*Cost/Costo: $35/month*

Class is subject to cancellation

*No full refunds will be issued unless a class is cancelled by the center

*Achieving Gender Equity through a Continuous Commitment to Girls and Women in Sports.*

*Persons with Disabilities are Welcome in our Programs.*
*Reasonable Accommodations will be Made with Prior Arrangements.*