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

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/Días: 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.