

Yoga Basics

All Levels Welcome

Los Vecinos Community Center



Wednesday 6:15 - 7:15 PM

\$7.00 per class *First Class FREE*

Open level class designed to offer knowledge and experience in the basics of yoga, building strength, flexibility, and calmness.

Yoga postures along with breathing and relaxation techniques will be explored in ways that is great for all levels.

Yoga is for Everyone

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