

# BEYOND *Essentials* YOGA



BRING BALANCE TO YOUR MIND,  
BODY & SOUL WHILE BUILDING  
STRENGTH AND FLEXIBILITY.  
ALL LEVEL PARTICIPANTS  
ARE WELCOME.

BRING YOUR  
YOGA MAT,  
BLOCKS, AND  
BOLSTER OR  
BLANKET

BEGINNING IN MAY  
TUESDAY & THURSDAY 6:00PM-7:00PM  
LOS BANOS COMMUNITY CENTER  
YOUR FIRST CLASS IS FREE!!  
\$10 PER CLASS FOR DROP IN OR \$40 FOR THE MONTH  
INCLUDES A SAMPLE ESSENTIAL OIL

REGISTER TODAY ONLINE AT [LOSBANOS.ORG](http://LOSBANOS.ORG) OR IN PERSON  
AT THE COMMUNITY CENTER - 645 7TH ST.

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*"YOGA IS NOT ABOUT TOUCHING YOUR TOES, IT IS ABOUT  
WHAT YOU LEARN ON THE WAY DOWN"*

LEARN MORE ABOUT HATHA YOGA AND YOUR  
INSTRUCTOR KASEY ALIM

ALL PROGRAMS SUBJECT TO CHANGE  
[PARKSANDRECREATION@LOSBANOS.ORG](mailto:PARKSANDRECREATION@LOSBANOS.ORG)

