



**BEYOND ESSENTIALS**

# YOGA WORKSHOPS

EACH WORKSHOP: \$40.00  
REGISTERING NOW!  
COMMUNITY CENTER (645 7TH ST.)

SIGN UP NOW!  
[LOSBANOS.ORG](http://LOSBANOS.ORG)

## *Essential Oils & Yoga: 8/20 - 2:00-4:30pm*

THIS WORKSHOP WILL EDUCATE YOU ON VARIOUS NATURAL SOLUTIONS AND HOW TO USE ESSENTIALS OILS IN YOUR EVERYDAY LIFE TO SUPPORT YOUR HEALTH. EACH PARTICIPANT WILL GET TO MAKE THEIR OWN ESSENTIAL OIL ROLLER BOTTLE TO TAKE HOME AND EXPERIENCE 1 HOUR OF HATHA YOGA.

- PLEASE BRING A NOTEBOOK, WATER BOTTLE AND YOGA MAT



## *Vision Board Masterclass & Yoga: 9/24 - 2:00-4:30pm*

THIS WORKSHOP WILL TEACH EACH PARTICIPANT A SPECIFIC METHOD TO CREATE A VISION BOARD AND HOW TO USE IT TO MANIFEST THESE INTO REALITY. WE WILL FOCUS ON GROWTH MINDSET AND PERFORM 1 HOUR OF YOGA. PLEASE BRING A LAPTOP IF YOU HAVE ONE, AS IT WILL BE USED FOR THE DIGITAL VISION BOARD.

- PLEASE BRING A NOTEBOOK, WATER BOTTLE AND YOGA MAT

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