

Beyond Essentials ADULT YOGA CLASS

**BRING BALANCE TO YOUR MIND, BODY & SOUL WHILE
BUILDING STRENGTH AND FLEXIBILITY.**

**ALL LEVEL PARTICIPANTS
ARE WELCOME.**

TUESDAY 6PM-7PM

LOS BANOS COMMUNITY CENTER

YOUR FIRST CLASS IS FREE!!

**\$10 PER CLASS FOR DROP IN OR \$25 FOR THE MONTH
INCLUDES A SAMPLE ESSENTIAL OIL**

**REGISTER TODAY ONLINE AT LOSBANOS.ORG OR IN PERSON
AT THE COMMUNITY CENTER - 645 7TH ST.**

***"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**



BEYOND
Essentials

**BRING YOUR
YOGA MAT,
BLOCKS, AND
BOLSTER OR
BLANKET**



**STAY UP TO DATE ON THE LOS BANOS
PARKS & REC. FACEBOOK PAGE!**

All programs subject to change
ParksandRecreation@LosBanos.org

