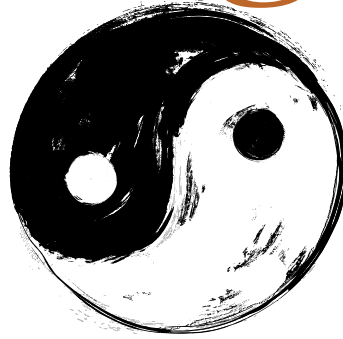




GLASSELL SENIOR CENTER
3750 VERDUGO RD. LOS ANGELES, CA 90065
PHONE # 323-550-8809



Yin Yang Yoga



Mondays 2pm-3pm

Yang- includes dynamic and active moves to build strength, stamina and flexibility.

Yin-is passive and introspective, emphasizing in deep stretching with longer than usual holds to target connective tissues such as ligaments, tendons and fascia.

**\$5
PER MONTH**

**FULL REFUNDS WILL NOT BE GIVEN UNLESS CLASS IS CANCELLED BY THE CENTER.
A 15% ADMINISTRATIVE FEE WILL BE ADDED TO ALL REFUNDS.
PROGRAMING SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENT.**

