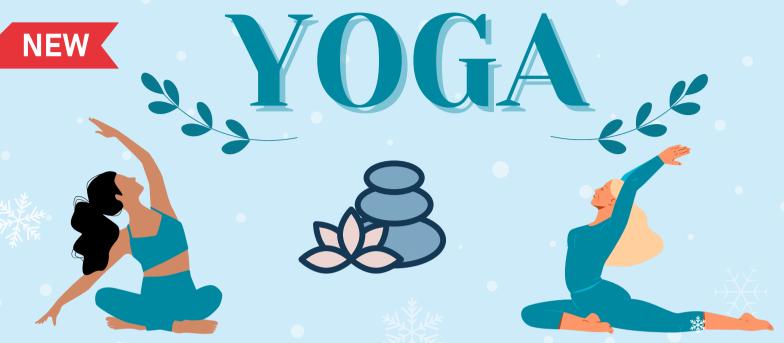






## CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS BARRINGTON RECREATION CENTER | 310-476-4866



AGES	DAY	TIME	FEE	DATES
18 & Up	Thursdays	10:00 - 10:45am	\$100	1/16/25 -3/06/25   8 weeks

A dynamic yoga class for all levels. Flow through a series of movements that build strength, flexibility, and balance, while focusing on breath and mindfulness. Whether you're new to yoga or looking to deepen your practice, this class offers a balanced, calming experience to refresh your body and mind. Don't forget to bring your own mat!





## TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/BARRINGTON
OR SCAN QR CODE

Classes & programs may be subjected to cancellation or change. Refunds will assess a 15% administrative fee. There are no refunds on missed dates. Persons with disabilities are encouraged to participate in our programs & classes. Reasonable accommodations will be made with prior arrangements.

