



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS  
**SHADOW RANCH RECREATION CENTER**  
 22633 VANOWEN ST. WEST HILLS, CA 91307 (818)883-3637  
 SHADOWRANCH.RECREATIONCENTER@LACITY.ORG



*Winter Session 2025*  
**ADULT YOGA**

**AGES 18+**

**Instructor: Radha**

**Registration starts December 16**

Experience Hatha Yoga which is suitable for all walks of life and levels. No need to be flexible or strong to practice yoga. Gain flexibility, strength and improve your health through the regular practice of yoga. Learn how to relax and release the stress of daily life through gentle movements and proper breathing

**Mondays 5 classes \$65**

Class 1: 9:30am-10:30am

Class 2: 11:00am-12:00pm

**Class Dates: 1/6, 1/13, 1/27, 2/10, 2/24**

**Thursdays 8 classes \$100**

Class 1: 9:30am-10:30am

Class 2: 11:00am-12:00pm

**Class Dates: 1/19-2/27**



**Register Online**

**\*Bring your own mat and blanket**

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Programs are subject to change without notice. No refunds will be issued unless the program is cancelled by the facility.