



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



ADULT YOGA

AGES 18+

Instructor: Radha

Registration starts August 19th

Mondays 7 classes \$85

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

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

September 9-October 28

No class 10/14

Thursdays 9 classes \$105

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

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

September 5-October 31

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



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.