



Free Yoga for LCPS staff at ddy - 303 S. Alameda Blvd

(north of BofA parking lot at the corner of Amador/Alameda)

4:15-5:30 pm

Up to 2 classes/week

Class Description: LCPS Staff Wellness Yoga for any LCPS staff (paid for by district staff wellness HEAL grant). Please no outside friends or children as there are limited spots. Sign up thru the downtown desert yoga app with your smartphone or online at www.downtowndesertyoga.com

Look for the classes labeled LCPS. If you register thru the app or online if you use the other means to sign in, don't create another account. They are both linked to the Mindbody software system.

NOT "one size fits all" Yoga

Appropriate for all levels; from absolute beginners who have never tried a yoga class to experienced yogis.

Come and go as you please. The door will be open if you need to come in late. Wear loose fitting clothes. We have mats or bring your own. Find a buddy and join us!

WHEN: Monday, Tuesday, Wednesday, Friday: LCPS has 18 slots per day

Thursday: LCPS has all 35 slots

These classes are available every week, including spring break, until May 25th, 2018.