

Downtown Desert Yoga

303 Alameda Blvd

(adjacent to the Bank of America on Amador)

4:15 pm - 5:30 pm

Class Description: LCPS Staff Wellness Yoga for any LCPS staff (paid for by district staff wellness HEAL grant). No need to sign up...~~yet~~. May switch to sign up with Go Sign Me Up 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 and leave if you need to pick up a little one! Wear loose fitting clothes. We have mats or bring your own.

Dates:

November 2, 9, 16, 30

December 7, 14

January 4, 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 29

April 5, 12, 19, 26

May 3, 10, 17, 24