

YOGA CLASSES

AT THE PLEX!



A Beach Cities Health District Program



YOGA

Yoga Mixed Levels

ages 8 and up 6 weeks, \$75

Instructor: Bonnie Marder

Very little yoga experience required. Moms and nannies welcome.

Start dates:

Wed., Apr. 14, 9:15 – 10:15 a.m.

Fri., Apr. 16, 9:15 – 10:15 a.m.

Sat., Apr. 17, 9:15 – 10:15 a.m.

Intro to Yoga

ages 5 to 18 6 weeks, \$75

Instructor: Amy MacConnell

Learn yoga poses and breathing techniques.

Start date:

Wed., Apr. 14, 5 – 6 p.m.

Yoga for Children with Special Needs

ages 5 and up 6 weeks, \$75

Instructor: Amy MacConnell

Children with special needs reduce stress, build muscle tone and increase focus.

Please call for times and dates.

Basic Yoga Night Out

Adults/Beginner Level 1 6 weeks, \$75

Instructor: Bonnie Marder

Start date:

Wed., Apr. 14, 6 – 7 p.m.

Moms, Dads and Daughters Yoga Class

ages 5 and up 6 weeks, \$75

Instructor: Amy MacConnell

All skill levels learn individual and partner poses that build strength and flexibility.

Start date:

Sat., Apr. 17, 10:30 – 11:30 a.m.

Afternoon Yoga

Adults/Beginner Level 1 6 weeks, \$75

Instructor: Bonnie Marder

Start date:

Thu., Apr. 15, 3:45 – 4:45 p.m.

Intro to Yoga

ages 13 and up 6 weeks, \$75

Instructor: Bonnie Marder

Start date:

Sun., Apr. 18, 11:15 a.m. – 12:15 p.m.