



Gentle Yoga

With focus on tension and stress release, this beginners class is great for all levels of Yoga experience. Class will include relaxing music, basic breath work, full body warm up and poses that promote stress and tension release in the body. Yoga mats will be available if needed, props are welcome if you'd like to use them, but will not be provided.

Water bottles are suggested.

Instructor:
Who:
What:
When:
Where:
Cost:

Amanda Carlin
Ages 16 and up
Gentle Yoga Class
Wednesday 6:00pm
Big Bear Valley Senior Center
Monthly \$48.00(4week)
Drop in cost \$15.00 cash

Register at:

www.bigbearparks.com

Or in office

41220 Park Ave.
Big Bear Lake, CA 92315
(909)866-9700

Min Participants: 6

Max Participants: 20

Breath.