

BREATHING & MEDITATION



INCREASE LUNG CAPACITY
REDUCE STRESS
IMPROVE FOCUS
QUIET THE MIND
DEVELOP INTUITION
ALLOW RELAXATION

Materials and chairs provided. Please bring blanket or sitting pillows. Hoodie or head covering suggested.

When: Sundays 9:00 - 10:15am

November 3-24

Where: Miller Park

1178 Chickasaw Rd. Fawnskin

Cost: \$15 per class

Teacher Siri Dharma Galliano is a certified Yoga Therapist.

“I learned it, practiced it, taught it. It has helped me, it can help you.” SDG

SIGN UP ONLINE OR IN PERSON:

WWW.BIGBEARPARKS.ORG

41220 PARK AVE. BIG BEAR LAKE

(909) 866-9700

