



City of Redlands  
Recreation Division

# Yoga for Everybody

\$40 Monthly | All Ages

## Wednesdays

7:30pm - 8:30pm

Discover centering, breathing, and posture practice, with a guided relaxation. Deepen your mind-body connection through breath-synchronized movements. Experienced hatha yoga teacher Angela offers a one-hour class for all levels

- Centering Breathing
- Posture Practice
- Yoga for everyone
- Guided sessions

Joe R. Gonzales Community Center 111 W. Lugonia Ave

**REGISTRATION REQUIRED**



SCAN HERE FOR  
INFORMATION

[www.cityofredlands.org/post/yoga-heart-and-goal-inc](http://www.cityofredlands.org/post/yoga-heart-and-goal-inc)  
(909) 798-7572



[www.cityofredlands.org/recreation](http://www.cityofredlands.org/recreation)



[/RedlandsRecreationDivision](https://www.facebook.com/RedlandsRecreationDivision)



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Redlands Recreation & Senior Services Division | [recreationstaff@cityofredlands.org](mailto:recreationstaff@cityofredlands.org) | [www.cityofredlands.org](http://www.cityofredlands.org)

Ediberto & Gloria Flores Senior Center (909) 798-7579 | Joslyn Senior Center (909) 798-7550 | Joe R. Gonzales Community Center (909) 798-7572