



City of Redlands
Recreation Division

Yoga for Everybody

\$50 Monthly | Ages 12+

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
(909) 798-7572



 www.cityofredlands.org/recreation

 /RedlandsRecreationDivision

 @redlands_rec

Redlands Recreation & Senior Services Division | recreationstaff@cityofredlands.org | 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