



# *Yoga In the Mountains*

*Support our school while finding peace at the start of the day.*

This mixed paced Vinyasa class is suitable for all levels. Equal emphasis is placed on building strength and balance, breathing mindfully, increasing flexibility, strengthening mental focus, and relaxing into the moment.

**Monday Mornings      8.30 - 9.30am**  
**Classes begin Monday 12th September.**

Classes will be held: PE Portable, Loma Prieta Community Center.

Suggested Donations:      \$10 when paying for 4 or more.

(All welcome)              \$13 for a drop in class

Bring a yoga mat.



Funds from these classes will go toward Loma Prieta  
Home and School Club

Questions please contact Julie Moore: [Julie.moore.yoga@gmail.com](mailto:Julie.moore.yoga@gmail.com) 408-466-5026