



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 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 408-466-5026