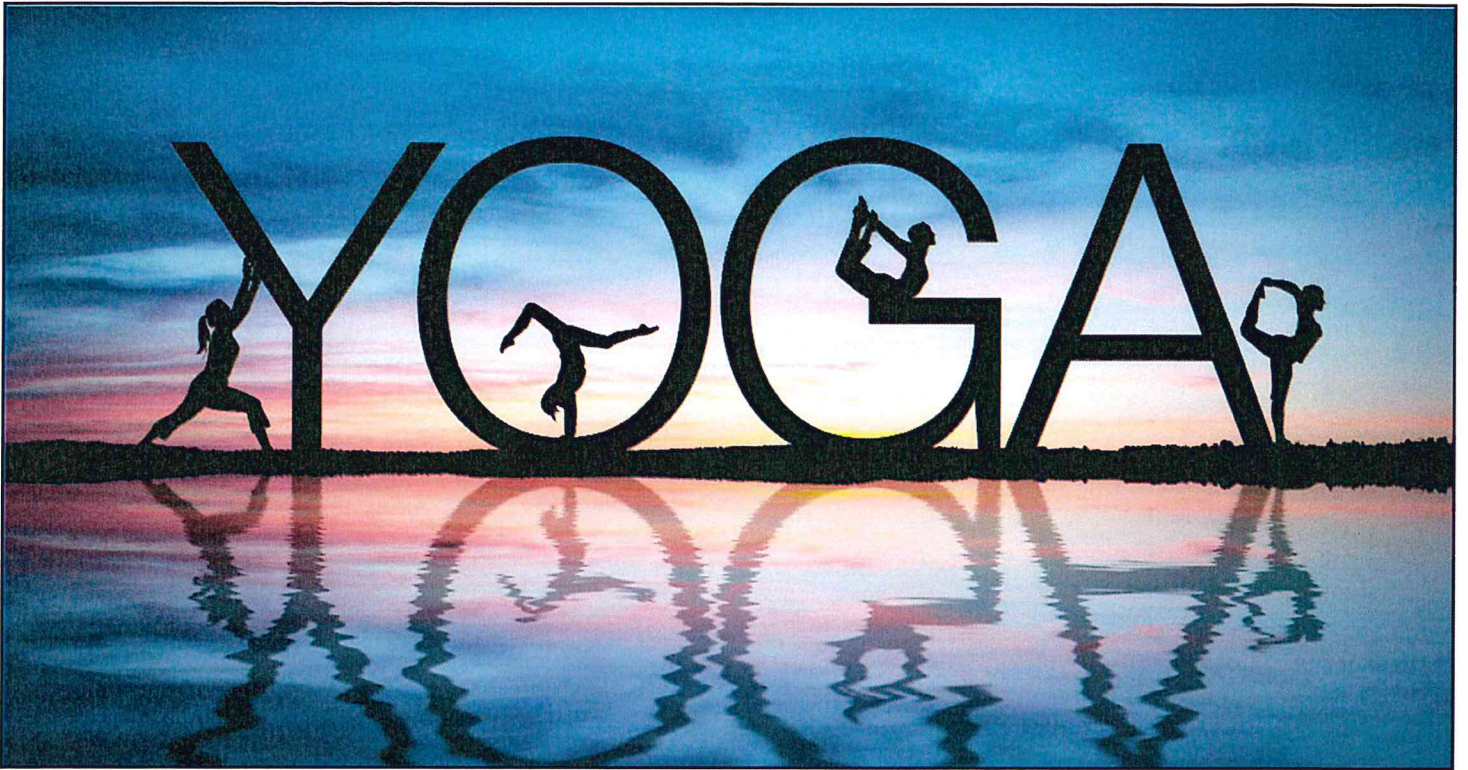
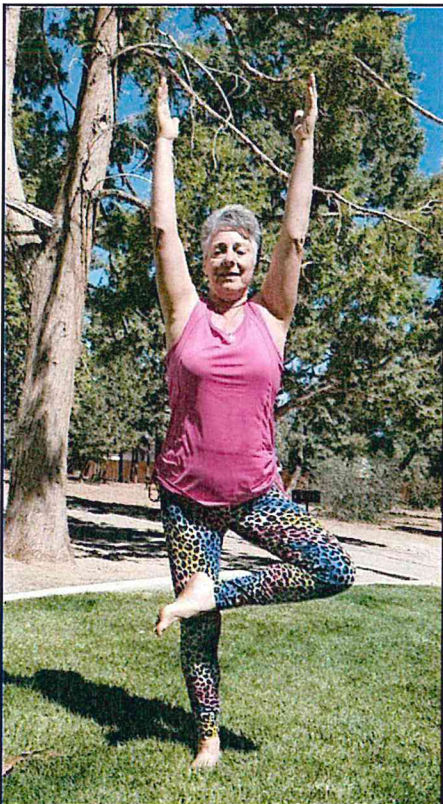


Big Bear Valley Recreation and Park District is proud to present:



Hatha Yoga uses posture and stretches in combination with the breath to develop flexibility and relaxation using specific series of postures and a flow of movements. Props such as blocks or belts may be used to assist a posture or maximize a stretch. Yoga encourages proper alignment of the body to bring balance, strength and calmness.



What: Hatha Yoga with Helaine
When: Tuesdays and Thursdays
Where: Big Bear Senior Center
42651 Big Bear Blvd. Big Bear Lake
Time: 5:00 to 6:00 pm
Cost: \$55.00 per month
Or
\$8.00 drop in fee
Instructor: Helaine Cross 909-709-5940

CLASS BEGINS— January 10th

