



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABSOLUTE BEGINNER YOGA WORKSHOP

**SATURDAY, March 14 at
1-3PM WITH FLORA
THE ALBANY Y
@ 921 KAINS AVE**



Cost | \$20

Interested in trying out Yoga? Not sure where to start? Get the basics in this two hour workshop. The foundations of breathing, postures, and everything else will be covered, as well as modifications for injuries and other physical conditions. Everyone is welcome! Preregistration is required.

Register at the Front Desk! If you have any questions contact Mary at mdelia@ymcaeastbay.org or (510) 848-6801