

Yoga

A Class Designed for All Levels, Shapes and Ages.



Wednesday 11:30-12:45pm

With Debi Robinson
Yoga Instructor RYT 200

debi@debirobinson.com

10 vouchers: \$120/Walk-in: \$15 per session

Pacific Unitarian Church
www.pacificunitarian.org

Come and practice in this beautiful location

This class will focus on a gentle practice through movement:

- ❖ To help unblock your flow of energy
- ❖ To help slowdown the effects of the ageing process by tapping into your body's natural healing ability
- ❖ To learn techniques to de-stress your mind so you can learn how to handle the hurdles life puts in your path
- ❖ Using props to do many yummy restorative poses

Wear comfortable, stretchy clothing; bring a yoga mat and a flexible mind.



Pacific Unitarian Church

5621 Montemalaga Drive
Rancho Palos Verdes, CA 90275
O: (310) 378-9449