

YOGA FOR WELLNESS



2014 Schedule

Wednesdays

9:30 a.m. — 10:30 a.m.

January 8 – February 26

March 12 – April 30

May 14 – July 2

July 16 – September 3

September 17 – November 5

Nov. 19 – Dec. 17 (4weeks)

(No class November 26)

Yoga for Wellness

Yoga is a unique approach where postures are presented to develop body awareness, increase strength and flexibility, decrease stress, enhance your immune system and discover conscious breathing.

Yoga works from the inside out, and is a proven ancient practice that allows one to achieve overall maximum physical and mental benefits. Some people feel hesitant to try yoga due to physical injuries. These will be addressed here with modifications for your specific needs.

This class focuses on correct postural alignment, increasing strength, flexibility and range of motion, creating healthy breathing habits and restoring vital energy to the body, mind and spirit.

\$72/person for 8 weeks (\$64/person for ADVANTAGE Members, TMMC Employees & Volunteers) (4 week series \$36/\$32 disc. rate)

Pre-registration is required. Please call (310) 517-4711.



3330 Lomita Blvd., Torrance, CA 90505
www.torrancememorial.org

Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.