

YHEALTH & WELLNESS

Yoga

YOGA WORKSHOP

Participants learn to unify the breath with their body and mind to achieve the best results in Yoga.

KEY TOPIC: BREATHING IN YOGA



REGISTER TODAY!

For more information contact:
Aimee McWilliams
(949) 495-9622

JOIN US
SATURDAY, JULY 31, 2010
2 – 4 PM

YOGA INSTRUCTION
followed by
Q&A SESSION with LYNN NGUYEN

OPEN HOUSE SCHEDULE

Time	Activity
2:00 PM	BREATHING EXERCISES <ul style="list-style-type: none">• Correct Breathing• Yogic Breathing
2:20 PM	HOW TO BREATHE... <ul style="list-style-type: none">• In Core Strengthening Exercises• In Standing Poses & Flows• In Forward Bends & Backbends
3:05 PM	BREATHING FOR RELAXATION & MEDITATION

PLEASE SIGN UP at the member services desk.
FREE to Facility Members
BRING A FRIEND!

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