

# YOGA class



*Learn the postures and breath work associated with the traditional form of ashtanga yoga. This form of yoga leads to purification of the body through increased circulation and breathing. It also improves flexibility, reduces daily stress and mind clutter.*

**Days & Times:** **New Dates**

Tuesday & Thursday (12-1pm)

Monday thru Thursday (5:30-7pm)

**Place:** Old Post Office Pavilion  
230 S. Fifth Street, El Centro

**Cost:** \$5.00/ class or  
\$40.00/month (unlimited class pass)



*To register or for more information, please visit the Parks & Recreation office at 375 S. First in El Centro or call (760) 337-4555.*