

yoga

Los Banos Community Center
645 7th St. Los Banos CA

WEEKLY CLASS SCHEDULE & PRICING

Monday - Chair Restorative Yoga
11 AM - 12 PM

Tuesday - Mixed Vinyasa
5:30 PM - 6:30 PM

Thursday - Restorative Yoga
5:30 PM - 6:30 PM

Every last saturday of the month - Mixed Vinyasa
10 AM - 11 AM

Please bring your
yoga mat & water

\$30 - UNLIMITED MONTHLY PASS

**\$25 - UNLIMITED
MONTHLY DISCOUNT PASS
FOR STUDENTS WITH
ACTIVE ID, SENIORS
55+ YEARS, & ACTIVE
MILITARY WITH CURRENT
& VALID ID.**

CLASS DROP IN- \$6

**MONTHLY PASS MUST BE PURCHASED
BY 2ND WEEK OF THE MONTH. NO
PRORATED FEE'S OR MAKE-UP DAYS.**

MIXED VINYASA YOGA

"VINYASA" MEANS TO PLACE IN A SPECIAL WAY. SUITABLE FOR ALL LEVELS. THIS PRACTICE LINKS BEGINNER POSES TOGETHER ALONG WITH DEEP BREATHING TO CREATE STRENGTH, FLEXIBILITY, ENDURANCE & BALANCE. VINYASA WORKS ALL PARTS OF THE BODY EQUALLY, CREATING AN EXPERIENCE OF NON-JUDGEMENT & NON-COMPETITIVE FOR EVERYONE OF ALL LEVELS.

CHAIR RESTORATIVE & RESTORATIVE YOGA

A RELAXING PRACTICE CREATED TO REDUCE STRESS & RESTORE THE BODY. THIS PRACTICE WILL LEAD TO MORE MINDFUL CHOICES, HABITS, AND ACTIONS THROUGHOUT OUR DAY. EMPHASIS ON COMPLETE MUSCULAR RELAXATION & COMFORT ARE EMPHASIZED TO ACHIEVE A QUIET STATE OF MIND & BODY. SUITABLE FOR ALL LEVELS.

NOTE: IN ORDER FOR ALL STUDENTS TO RECEIVE THE FULL BENEFITS OF THE CLASS & ENJOY A RELAXING ATMOSPHERE, WE ASK THAT YOU PLEASE DO NOT BRING CHILDREN UNDER 16 WHO ARE NOT PARTICIPANTS OF THE CLASS. THANK YOU FOR UNDERSTANDING.