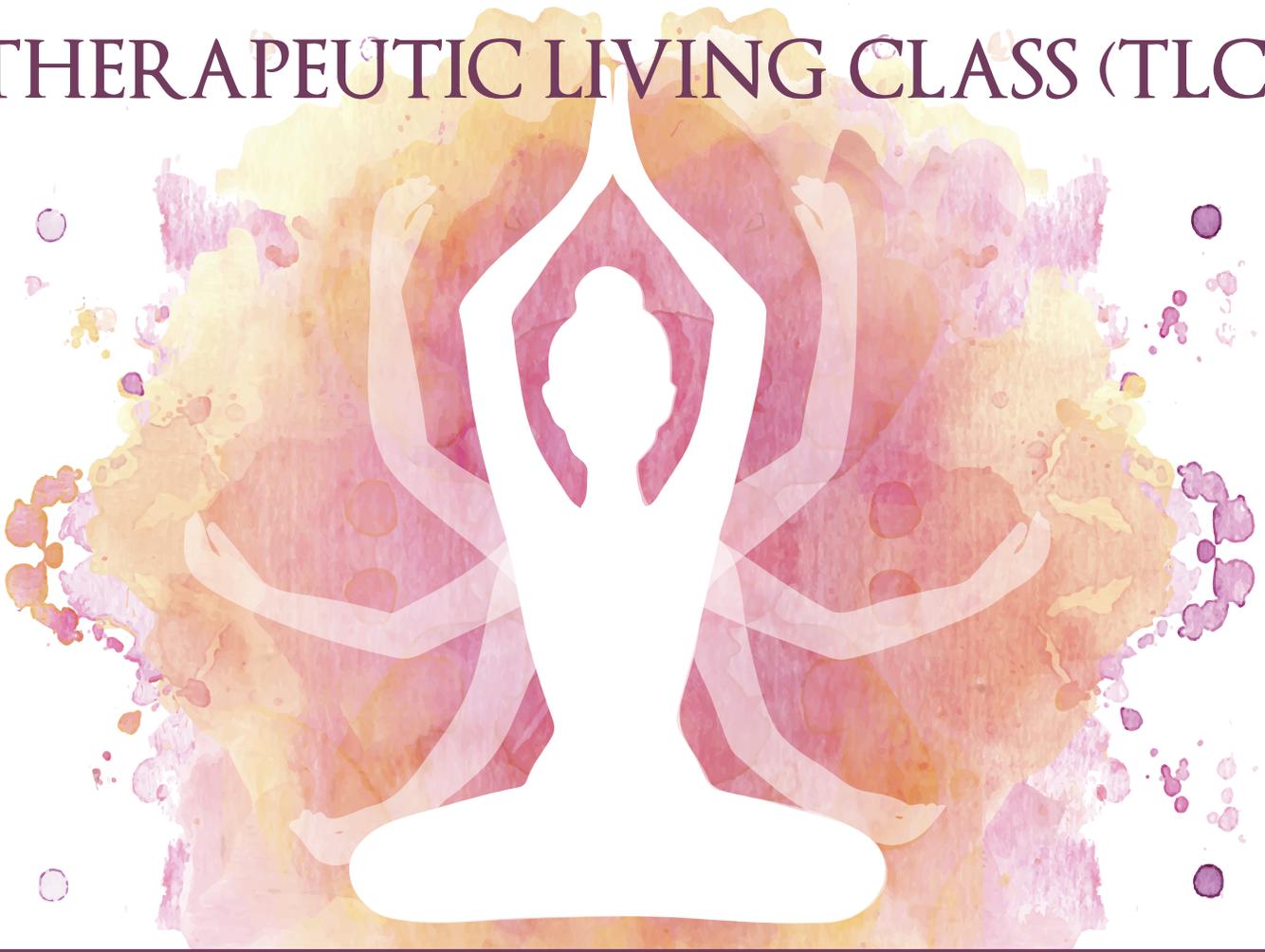


THERAPEUTIC LIVING CLASS (TLC)



WINTER SESSION 2017

TLC YOGA WITH LISA TOVAR, CERTIFIED THERAPEUTIC RECREATION
SPECIALIST EXPERIENCE ENHANCED WELL-BEING WITH
GENTLE YOGA: BREATHING AND BALANCE
EXERCISES, GUIDED MEDITATION, DEEP RELAXATION AND FUN.

TUESDAYS - 3:30PM TO 5:00PM

FEBRUARY 7, 14, 21, 28, MARCH 7, 14,

FRIDAYS - 10:00AM TO 11:30AM

FEBRUARY 3, 10, 17, 24, AND MARCH 3, 10, 17,

\$20 FOR ALL 8 WEEKS OR \$5 PER INDIVIDUAL CLASS

PLEASE DRESS COMFORTABLY & BRING A MAT/TOWEL (OPTIONAL)

*SCHEDULE SUBJECT TO CHANGE

VETERANS PARK SENIOR CENTER
310 ESPLANADE, REDONDO BEACH, 90277
(CORNER OF TORRANCE BLVD AND CATALINA AVE.)



CITY OF REDONDO BEACH SENIOR AND FAMILY SERVICES
1922 ARTESIA BLVD. REDONDO BEACH CA. 90278
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