



Yoga

beautiful

Because you're beautiful

Strength and Grace Practice

**Fridays 9:00am to 10:15, Rec.1
Lake Almanor Peninsula Drive**
Introducing basic postures, breathing techniques, correct asana alignment for strength, quiet beauty and grace. A yoga practice that develops beauty, kindness and intention.

Class is held outside

Socially distanced, bring your own props

May through September

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\$10/class