



City of Los Angeles Department of Recreation & Parks

MASON RECREATION CENTER



10500 Mason Ave. Chatsworth, CA 91311

(818) 998-6377 Email: mason.recreationcenter@lacity.org

TUESDAYS

11am-12pm

Monthly- \$50

Starts Sept. 10th



Beginner Yoga Stretch Class



Beginning Yoga Stretch is a class designed to promote deep relaxation and healing of both the body and mind through light stretching and gentle poses.



BRING OWN MAT AND BLANKET*

Register Now at laparks.org/reccenter/mason

All information/activities are subject to change and/or cancel without notice. **NO REFUNDS**, unless the class is cancelled by the recreation center.

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement.

