

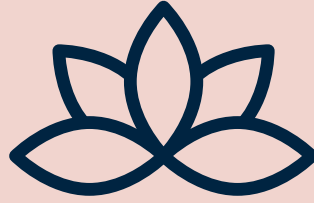


City of Los Angeles Department of Recreation and Parks

Roz Wyman Palms Park

2950 Overland Ave, Los Angeles, CA 90064

Palms.RecreationCenter@lacity.org 310.838.3838 or 310.202.4531



YOGA WITH TESHA

HEALTHY FIT

JOIN TESHA ON MONDAYS AND FRIDAYS TO START AND END YOUR WEEK IN A MORE MINFUL WAY. ENGAGE IN MEDITATION AND MINDFULNESS STRETCHES AND ENJOY A SOUNDBATH AT THE END OF THE FLOW.

Ages
18+

MONDAYS/5:15–6:00 PM \$40/MONTH

FRIDAYS/5:15 –6:00 PM \$40/MONTH

A 15% administrative fee will be assessed by the City of Los Angeles Dept. of Recreation and Parks for any patron granted a refund. Full refunds will only be given if a program is cancelled by the center. There are no refunds or credits for missed days.



Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.