



City of Los Angeles Department of Recreation and Parks  
Roz Wyman-Palms Park  
2950 Overland Ave. Los Angeles, CA 90064  
310-838-3838 or 310-202-4531

# YOGA IN THE PARK

**NEW FREE  
CLASS!!**

**YOGA FOR DEEP STRETCH &  
BREATH-DRIVEN MOVEMENT  
(VINYASA)**

**THIS CLASS IS PERFECT FOR RELEASING TENSION AND ALIGNING THE BODY THROUGH SLOW, DEEP STRETCHES, FOCUSING ON AREAS PRONE TO TIGHTNESS LIKE THE SHOULDERS, BACK, HIPS, HAMSTRINGS AND QUADS. WHETHER YOU'RE AN ATHLETE OR A BEGINNER, YOU'LL ENHANCE FLEXIBILITY, IMPROVE FOCUS AND CULTIVATE A SENSE OF MINDFULNESS IN THE PRESENT MOMENT.**

## **FRIDAYS 9:00-10:00A.M.**

**BEGINS DECEMBER 6TH  
REGISTRATION IS REQUIRED TO  
PARTICIPATE.**

**REGISTER AT [REG.LAPARKS.ORG](http://REG.LAPARKS.ORG)**

**PLEASE BRING YOUR OWN  
MAT, TOWELS AND  
WATER BOTTLE.**



**CLASS MEETS OUTSIDE.  
THE CLASS WILL MEET INSIDE THE RECREATION  
CENTER IN CASES OF INCLEMENT WEATHER ONLY.**

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.