THE CITY OF EL MONTE

The Parks, Recreation & Community Services in collaboration with Rio Hondo College

present

Free Hatha Yoga

Wednesdays

June 7th - August 9th

8:30 AM - 9:45 AM

Yoga practice enhances health and well-being. Movements include relaxation while stretching, strengthening by holding weight-bearing poses when applicable, breathing awareness, working together in rhythm, repetition to promote skill building, fitness, strength, and relaxation.

Please bring yoga mat or towel. Let's get moving, El Monte!

Registration will be accepted with the instructor on the first day of class.

Jack Crippen Multipurpose Senior Center, 3120 N. Tyler Avenue, El Monte, CA 91731

#HealthyElMonte

For more information regarding the free Hatha Yoga class, please call the Community and Senior Services office at (626) 580-2210.