



THE CITY OF EL MONTE



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

present



Free Hatha Yoga

Wednesdays

February 1st - May 24th

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.