



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNOW
PRESENT A FREE MINDFUL AGING SERIES

YOGA CLASS

Join us for an opportunity to strengthen your mind, body and spirit.

..... **Tuesdays, April 11-May 16, 2017**
10-11 a.m.

Instructed by: Seventh Chakra Yoga

Kundalini yoga and meditation is a process of self discovery and will guide your awareness of your mental patterns, emotions and feelings, your energy, heart and soul. Bring water.

CLASSES HELD AT:

Grass area by Lawnbowling Center,
1109 Federation Dr., Long Beach

For more information, call (562) 570-3150

