



Yoga for Everyone

About

"If you can breathe you can do yoga."
Through body awareness, movement and breath you will be guided on how to bring your body, mind and spirit back into balance for overall well being. All levels welcome.

When

Wednesdays at 12:30 p.m.
Check calendar for current schedule.

Generously funded by 

Venice Branch
Los Angeles Public Library
501 S. Venice Blvd.
(310) 821-1769

For **ADA accommodations**, please call (213) 228-7430 at least 72 hours prior to the event.

