

CITY OF CARSON



GENTLE YOGA FLOW

WEDNESDAYS • 6:15 P.M. - 7:15 P.M.

Vinyasa Yoga is also called flow because of the smooth way that the poses run together. In Vinyasa Yoga, each movement is synchronized to a breath. Inhaling and exhaling in a rhythmic manner creates an overall sensation of relaxation.

Instructor: Reika Shucart

Use your fitness card for this class!

6 Classes: \$36

12 Classes: \$60

20 Classes: \$90



Congresswoman Juanita Millender-McDonald Community Center

801 E. Carson Street, Carson, CA 90745

For more information, please call (310) 952-1782