

HEALTHY LIVING THROUGH YOGA



Instructor: *Lynne Thurston*

Yoga classes are designed to increase flexibility, strength, balance, and coordination. Learn a variety of yoga postures, adapted to accommodate all fitness levels. Manage stress through visualization, relaxation, and breathing techniques.

Class Location:

All classes meet in Room 104 at VACE, 5200 Valentine Rd, Ventura, CA 93003.

How to Reister:

Register with the instructor during class hours or in advance at VACE's Main Office.

Our phone number is **805-289-1744**.

Class Fees:

Session fees plus annual registration fee (ARF). ARF is \$10 per class/per each school year. Drop-in fee is \$10 per class plus ARF.

Schedule for 2024-2025:

Mondays 4:00-5:30 pm		
Fall Session 9/9 to 11/25/2024 \$100 for 10 classes No classes 10/28 & 11/11	Winter Session 1/13 to 3/31/2025 \$80 for 8 classes No classes 1/20, 2/10, 2/17, & 3/24/2025	Spring Session 4/7 to 6/9/2025 \$90 for 9 classes No classes 5/26/2025
Thursdays 5:30-7:00 pm		
Fall Session 9/12 to 11/21/2024 \$100 for 10 classes No classes 10/31	Winter Session 1/9 to 3/13/2025 \$100 for 10 classes	Spring Session 4/3 to 6/5/2025 \$100 for 10 classes