



## TCPUD DEPARTMENT OF PARKS and RECREATION

740 Timberland Lane Tahoe City, CA. 96145

530 583-3440 x10 / 530 583-8452 fax

# Hatha Yoga Class



**BENEFITS:** Yoga is a gentle stretching class that focuses primarily on the joints and connective tissue in the body. Yoga helps to balance the yin and yang aspects of our bodies. It encourages energy flow and helps to focus or improve meditation and develop a peaceful state of mind.

All levels welcome. Bring a towel or yoga mat.

Pre-registration required—4 minimum!

**Days:** Mondays or Thursdays—Starting Jan 11th

**Times:** 6-7pm Monday, 7:30-8:30 am Thursday

**Fee:** \$37/4 classes \$13 drop in

**Resident fee:** \$32/4 classes \$10 drop in

**Location:** Rideout Community Center,  
740 Timberland Lane, Tahoe City

**Instructor:** Molly MacGregor, Registered Yoga Instructor  
To register please call 583-3440, ext. 10 or visit us online at  
[www.tahoecitypud.com](http://www.tahoecitypud.com)