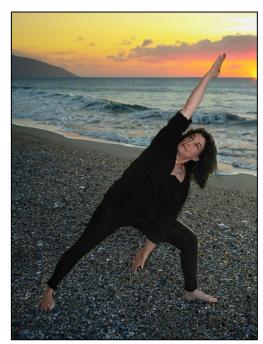
# HEALTHY LIVING THROUGH YOGA





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