

FREE YOGA CLASS

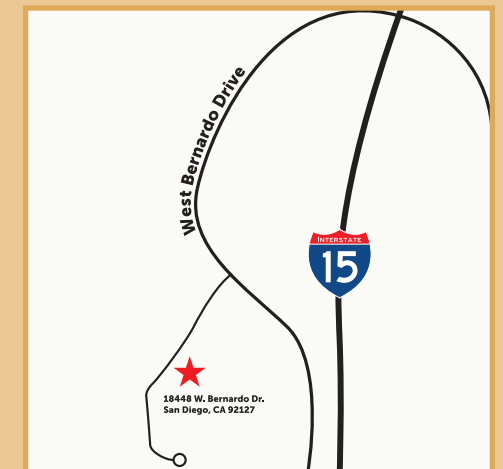
Open to ages 16 and older | No experience necessary

MONDAYS

5:30PM - 6:30PM

Rancho Bernardo
Recreation Center

18448 W. Bernardo Dr.
San Diego, CA 92127



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Yoga is a mind-body practice scientifically proven to reduce stress, optimize health, improve resiliency & promote wholeness

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