

Colina Del Sol Recreation Center 5319 Orange Avenue San Diego, Ca 92115 619-235-1145

YOGA CLASS

Reduce your stress Strengthen your body Improve your balance and flexibility



Sunday 10:15-11:15am April 7th-May 26th #114538

Register on sdrecconnect.com

No prior yoga experience necessary. Beginner to Intermediate Level Donations Welcome For Questions: colinaneighbors@gmail.com

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