

Free Workshops at RakSa Intro to Yoga & Intro to Tai Chi

Sunday, February 20th, 2011

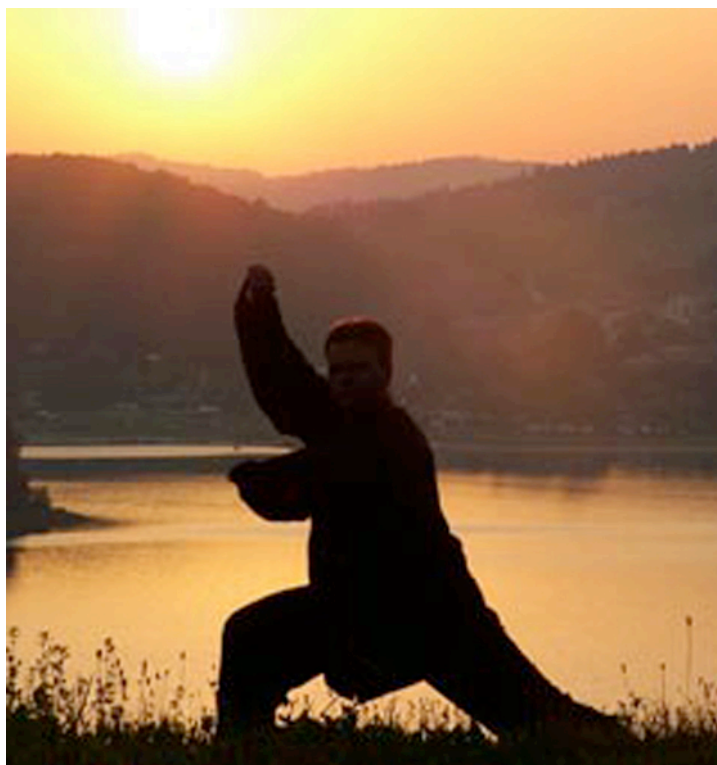
Yoga: 12pm - 2pm / Tai Chi: 2:15pm – 3:45pm

We are happy to offer free yoga & tai chi workshops for our community! This is a great opportunity for you to create a healing & relaxing time in your week.

We are happy to have you as our guest and for you to meet the amazing teachers who offer their talents here at RakSa. Sample out different classes & teachers to find out what you like best. Come to both or either!



Yoga is the union of mind and body, linked with breath and movement; energy in flow. At RakSa, our teachers combine postures in a Hatha flow to promote health, relaxation, fitness, transformation and collective community.



Tai Chi, known as meditation in movement, is a balance of yin and yang. Enjoy a slow and even flow through both internal and external energy for a healing practice that leaves you focused and awareness.

Call 310.559.7200 to Reserve your Space!!

