



FREE OUTDOOR MOVEMENT CLASSES

FIRST SATURDAYS OF THE MONTH | 10-11AM | FREE

Jan 7th Yoga with Kiyomi | Feb 4th Tai Chi with Edward | Mar 3rd Yoga with Ling

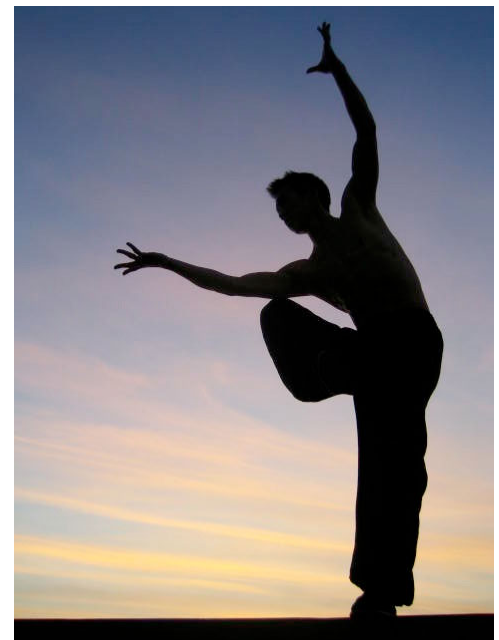
We are happy to offer free outdoors Yoga & Tai Chi classes for our community!
This is a great opportunity for you to create a healing & relaxing time in your week or learn something new.



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.

Please bring your own yoga mat or towel.

Did you know that Taichi can dramatically improve your strength, agility and flexibility in ways that remain largely untouched by the fitness world? Even high-level athletes and martial artists can benefit-though you definitely don't need to fall into either category to participate. Come check out Edward Yu's highly innovative approach to teaching and discover for yourself why Taichi can be so much more than just people moving in slow motion.



Class will meet on the North end of Paul Carlson Park, 10400 Braddock Drive on Motor Ave. & Braddock Dr.

Call 310.559.7200 to Reserve your Space!