

Yoga to Lift Your Spirit

If you've got the blues, or even if you don't, come and join us for a night designed to free and lift your spirit.

Friday Nights 7:30 - 9:30 pm

Once per season

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7:30-9:30 p.m.

Cost: \$20

Center for Yoga

230 1/2 Larchmont Blvd.

Los Angeles, CA 90004

323-464-1276

Why do we call yoga a spiritual practice? One reason is because yoga asana can help to free our natural vitality so that it flows unimpeded through our entire being, allowing us to blossom into the fullest expression of who we are. When our energy is flowing freely we feel better and consequently our mood is lifted.

This Friday evening class is all about feeling good. Mood enhancing yoga postures including sun salutes, inversions, back bends, gentle forward bends and hip openers as well as a long, delicious savasana will be the central focus of a class enhanced by touch (hands on adjustments), music, poetry, candles, and flowers.

Schedule of Instructors:

January 12 - Lucy Bivins

March 23 - Colleen Garrity

July 20 - Elsie Escobar

December 7 - Kim Fisch



Workshop policy: Full payment is required to reserve a space in workshops. Refunds are available for cancellations prior to the early registration date. After the early registration date, store credit will be given. No credits will be given 48 hours prior to the start of the workshop.