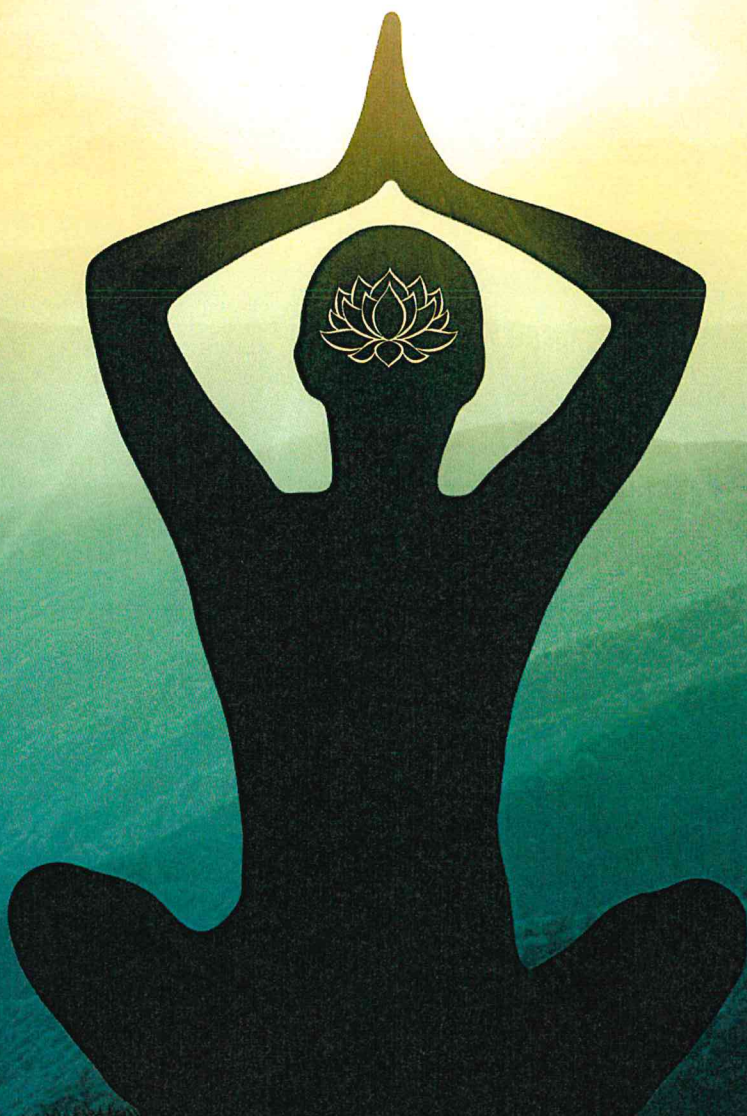


# Gentle Yoga

With focus on tension and stress release, this beginner's class is great for all levels of Yoga experience. Class includes relaxing music, basic breathing exercises, full body warm up and poses that promote stress and tension release. Yoga mats available if needed. Props are welcome but not provided. Bring your water bottles!



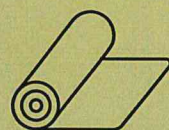
With: Amanda Carlin

Who: Ages 16 and up

When: Wednesday 6pm

Cost: \$48/mo (4 wks)

\$ Drop in cost:  
\$15 cash



Where: Big Bear Valley  
Senior Center  
42651 Big Bear Blvd.

Register at: [www.BigBearParks.com](http://www.BigBearParks.com)  
For more info, call (909) 866-9700