

BREATHING & MEDITATION



INCREASE LUNG CAPACITY
REDUCE STRESS
IMPROVE FOCUS
QUIET THE MIND
DEVELOP INTUITION
ALLOW RELAXATION

Materials and chairs provided. Please bring blanket or sitting pillows. Hoodie or head covering suggested.

When: Saturdays 9:00 - 10:15am

July 6-27, August 10-31, September 7-28

Where: Miller Park - 1178 Chickasaw Rd. Fawnskin

Cost: Adults: \$50 month (4 classes total)

Under 21: \$20 month (4 classes total)

Single class: Adults \$15 cash Youth \$5 cash

Teacher Siri Dharma Galliano is a certified Yoga Therapist.

“I learned it, practiced it, taught it. It has helped me, it can help you.” SDG

SIGN UP ONLINE OR IN PERSON:

WWW.BIGBEARPARKS.COM

41220 PARK AVE. BIG BEAR LAKE

