



SLO County Parks
now offers



YOGA

with Shoosh

Looking to add flexibility and strength?
Want to relax after a hard day at work or school?

Want to pay only \$5 per class?

Monday & Wednesday Evenings

5:15-6:15pm: Beginners

6:30-7:45pm: Continuing

(NO classes on 9/22 & 9/27)

Instructor: Shoosh Crotzer has been a yoga therapist and instructor for more than 36 years. Her emphasis is on teaching people with back problems, arthritis, and other special needs. She brings a sense of humor and experience to her classes! Come and see for yourself how good you'll feel!

Sept. 13 - Nov. 10

\$80/16 classes (*only \$5/class!*); \$30/4 classes; \$8/drop-in

SLO Veteran's Memorial Building

801 Grand Avenue, SLO

(MATS ARE PROVIDED)

For information call Shoosh at 772-3560 or Stacey at 781-5930
Register at any class.