



SLO County Parks  
offers



# YOGA

with Shoosh

Looking to add flexibility and strength?  
Want to relax after a hard day at work or school?  
***Want to pay about \$6 per class?***

**Monday & Wednesday Evenings**

**5:30 - 6:30 pm** *(all levels welcome!)*

**Instructor:** Shoosh Crotzer is a Certified Yoga Therapist and has been a yoga instructor for more than 40 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!

**JAN. 7 - FEB. 27**

*(NO classes on 1/21, 1/23, 1/28, and NO Mondays in Feb.)*

**\$50/9 classes; \$35/4 classes in the session; \$10/drop-in**

**SLO Veteran's Memorial Building**

801 Grand Avenue, SLO

***(MATS ARE PROVIDED)***

For information visit [www.yogawithshoosh.com](http://www.yogawithshoosh.com)

or call Shoosh at 772-3560.