



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 \$7 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 45 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!

March 18 - May 1

(NO classes on 4/24 and 4/29.)

\$85/12 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

or call Shoosh at 805.772.3560.