

# *Yoga Classes at Brea Glenbrook Club*

**Improve the quality of your life with yoga!**  
Join us for nurturing, relaxing candlelight yoga classes with  
*Linda Watson, yoga instructor*

***Monday evenings, November 20 – December 18, 2017 7:00 - 8:00 pm***  
***and special Solstice Yoga Class, Wednesday, 12/20***

You are invited to join this small group in a private setting to experience the art & practice of yoga. The classes are designed for all levels, beginners as well as those who wish to deepen their practice. Linda draws from 30 + years of studying & teaching yoga, specializing in blending the inner & outer aspects of yoga – increasing flexibility, mindfulness practices and stress management. Discover and be empowered by the profound benefits of establishing a regular yoga practice and its application to every aspect of your life.

**The benefits of practicing yoga can include:**

- reduced stress, greater mental clarity
- increased strength, stamina, flexibility
- improved posture and muscle tone
- circulatory and respiratory fitness
- strengthened immune system
- healing and relief from injuries and chronic conditions
- inner calm and peace

## **Two payment options**

\$60.00 for 6-week series\* - registered and paid in full by 1<sup>st</sup> class of series

\$15.00 per class - pay by class, space permitting

\*no refunds for missed classes – you can send someone in your place!

(save \$30 by registering for entire series)

**Location: Brea Glenbrook Clubhouse 1821 Greenbriar Lane, Brea (near Associated/Imperial)**

Checks payable to Linda Watson

***Contact Linda at***

***714.585.5070 or Lindajoy99@aol.com***

***Email Linda to request a copy of her article,  
“The Power of Yoga to Improve the Quality  
of Your Life”***

