



SEATED YOGA AWAKEN YOUR BODY

DOWNEY

EVERY WEDNESDAY

7830 QUILL DRIVE, SUITE D

DOWNEY, CA 90242

3:00PM– 4:00PM

PASADENA

EVERY 1ST, 3RD & 4TH TUESDAY

2023 LINCOLN AVE

PASADENA, CA 91103

10:00AM -11:00PM

TO REGISTER, PLEASE CALL: **MARIA AROCH**

(626) 587-5010 **FREE & LIMITED SPACE AVAILABLE!**



SCRS-IL

Southern California
Resource Services for
Independent Living

MEETING DATES SUBJECT TO CHANGE OR CANCELLATION, PLEASE REQUEST REASONABLE

ACCOMMODATIONS AT LEAST 48 HOURS IN ADVANCE.



YOGA

DESPIERTA TU CUERPO

DOWNEY

TODOS LOS MIÉRCOLES

7830 QUILL DRIVE, SUITE D

DOWNEY, CA 90242

3:00PM– 4:00PM

PASADENA

CADA 1RO. 3RO. Y 4TO. MARTES

2023 LINCOLN AVE

PASADENA, CA 91103

10:00AM -11:00PM

PARA REGISTRARSE, FAVOR LLAME A: **MARIA AROCH**

(626) 587-5010 **GRATIS Y ESPACIO LIMITADO!**



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Resource Services for
Independent Living

LAS FECHAS ESTÁN SUJETAS A CAMBIO O CANCELACIÓN, POR FAVOR LLAME CON ANTICIPACIÓN.

POR FAVOR, SOLICITE UN ACOMODO RAZONABLE AL MENOS 48 HORAS DE ANTICIPACIÓN.