



**BOYS & GIRLS CLUBS
OF SOUTH COUNTY**

INTRODUCES:

Exercising with breathing techniques

Classes will be every Wednesday, Everyone is welcomed- this class will teach yoga on a chair with proper breathing techniques. You don't need to be fit, flexible, or have any prior yoga experience. Class session is mostly on chair, will not need to worry about getting up off the floor. You can use chair as support for any standing or balancing postures. Will be taught to breath correctly while exercising, a great way to start off your morning!!

When:

**START DATE: APRIL 4TH WEDNESDAY –
11:30AM – 12:30PM**

Where:

**425 IMPERIAL BEACH BLVD, IMPERIAL
BEACH CA, 91932. SPORTS PARK**

Instructor: Candelaria Ramirez- Been instructing for 48 years, yoga for 44 years. Certified by Desiree in kickboxing and Zumba. Graduate of master yoga academy. Coach training; a master of balance. Committed to help anyone that comes to her classes, dedicated to health and happiness.

FEE: First class is free – regularly is \$5 per class or \$20 a month

Contact Info:

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